

# Nutrition for Life

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## Nutrition Outreach Presentations

Agnesian HealthCare's Nutrition Services offers presentations to help you learn good nutrition for life:

***Carb is Not a Four-Letter Word*** - Enjoy a discussion on the pros and cons of carbohydrate foods and how they can fit into any healthy-eating plan.

***Cooking for One or Two*** - This program provides useful tips for grocery shopping and small quantity meal preparations. Recipes, meal planning guidance and storage tips will be shared to help make this tiresome task easier. There will be an interactive cooking demonstration if desired and facilities are available.

***Diabetes and Diet*** - This program discusses the basics of diabetes nutrition, including evaluating food labels and the role of diet and exercise in managing blood sugars.

***Healthy Eating 101*** - This discussion of general nutrition topics will help jump start you into a healthier lifestyle. The program includes label reading, healthy preparation methods, portion-size guidelines and much more.

***Healthy Eating for Busy Lifestyles*** - Yes, you can eat healthy on the run! This program focuses on healthy fast food options as well as time-saving recipes.

***Healthy Eating on a Budget*** - Despite popular belief, healthy eating doesn't have to be expensive. Learn useful tips to help you plan healthy meals without breaking your budget.

***Healthy Holiday Eating*** - Learn useful tips that will help you stay healthy during the hectic holiday season. Includes sample recipes and simple ways to incorporate physical activity into a busy schedule.

***Making Nutrition Come Alive*** - Incorporate healthy ingredients into your everyday meals for your good health! This is an interactive cooking class (depending on location and facilities available).

***Nutrition and Cancer Prevention*** - Learn how eating right can decrease your risk for obesity-related cancers such as breast, prostate, colon and uterine cancers.

***All programs are presented by an Agnesian HealthCare registered dietitian. Program and/or supply costs may apply.***

## Create Your Weight Program

Create Your Weight is a nine-week weight loss program developed by registered dietitians. Based on guidelines from the American Diabetic Association, the program encompasses nutrition education, physical activity and the role of behavioral therapy in weight reduction and weight management.

Unlike most weight loss programs, Create Your Weight provides the knowledge and tools needed to successfully manage weight forever simply by making better choices. The program begins with a free introductory session and is followed by courses that cover topics such as:

- *Guidelines for Weight Management*
- *Benefits of Weight Loss*
- *Nutrition Components*
- *Body Composition*
- *Role of Exercise*
- *Behavior Modification*
- *Vitamins, Minerals and Water*
- *Food Shopping and Labels*
- *Dining Out and Recipe Modification*
- *Fad Diets*



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