

SPEAKER TOPICS & WORKSHOPS

Keynote presentation (~60 min) with handouts provided in PDF format.

Presentations are offered as individual presentations or as part of a series as outlined below.

Both presentations and workshops may be customized to address the specific needs/interests of the group.

Good Nutrition - Making Healthful Choices

A discussion of the basics of good nutrition including basic nutrition and the principles of healthful eating with tips/suggestions as to how to begin incorporating lifestyle changes for improved health & wellness.

Whole Foods for Whole-Person Health

This presentation discusses the differences between whole foods & processed foods, the advantages of whole foods & ways to incorporate more whole foods into the diet.

“Let your food be your medicine and your medicine be your food.”

A brief look at the history of food as medicine and how foods can be used to help activate the body's natural healing abilities to prevent or lessen the risk of many common ailments and promote overall health and wellness.

Eating with the Seasons

A discussion of ways to incorporate whole, seasonal foods into your diet - includes a discussion of Eastern & Western dietary interventions and herbs/spices for health & wellness.

Ask the RD

This presentation is an informal Q&A session where participants either bring their questions to the presentation or submit them to the RD prior to the session. The topics vary with each group/presentation and allows the participants to discuss their questions/concerns with a nutrition professional.

Medical Nutrition Therapy (MNT) & Diet Plans Compared

This presentation discusses MNT, how the process works and what to expect from your session. The presentation also compares popular diet programs, their format and their advantages & disadvantages.

Biometrics

This presentation discusses biometric values (weight, BMI, % body fat, blood glucose, A1C, blood pressure, cholesterol & triglycerides). The presentation is designed to help the participants understand why these measurements are important, the normal values for each measurement, what factors impact the numbers, and the lifestyle changes required to improve them. The presentation can be customized to address the specific goals of the group.

Garren M. Brannon, RDN, LDN

Registered Dietitian/Nutritionist, Licensed Dietitian/Nutritionist ~ *Every Bite Counts®/Make Every Bite Count®*
Phone: (336) 414-5686 ~ Fax: (336) 464-2891 ~ Email: rd@everybitecounts.net ~ Web: www.everybitecounts.net

Mindfulness, Stress Management & Nutrition

This presentation discusses stress (what it is and how it affects the body) and lifestyle changes to manage stress including mindfulness practices, nutrition, and physical activity.

Lifestyle & Chronic Disease

This presentation discusses the typical Western lifestyle & risk factors (nutrition, sedentary vs active, stress management & disordered sleep) and the typical Western lifestyle. We will discuss how these factors impact health and wellness.

Nutrition & the Brain

This presentation discusses how, and what, you eat can impact the health and function of the brain. Eating to fuel the brain leads to improvements in performance, both mentally and physically.

Good Nutrition on the Run

This presentation discusses some of the pitfalls we face when trying to make healthful choices while eating on the run. The presentation reviews the basics of good nutrition and provides tips & strategies for making the most nutritious choices possible.

Recipe Revision

This presentation discusses how to assess recipes for nutritional quality along with ways to make healthful revisions to keep recipes in line with overall health & wellness goals. This presentation also looks at healthful ingredient substitutions, healthful cooking techniques and reinforces balanced plates for health and wellness. Option 1: basic presentation with examples of original & revised recipes
Option 2: participants submit recipes in advance - the RD will revise the recipes and discuss the revisions during the presentation.

Biometrics Series

This series includes six presentations:

- 1) Lifestyle & Chronic Disease [whole-person health/wellness, lifestyle choices (nutrition, sedentary lifestyle, stress management & disordered sleep) and how they impact overall health & wellness]
- 2) Body Weight, BMI, % Body Fat & Lean Muscle Mass (BW, BMI, % BF & LMM - how they impact health & how to improve your numbers)
- 3) Blood Glucose & A1C (how the body processes carbs, what the numbers mean & how to improve your numbers)
- 4) Blood Pressure (how blood pressure works, what the numbers mean & how to improve your numbers)
- 5) Cholesterol & Triglycerides (how the body processes lipids, what the numbers mean & how to improve your numbers)
- 6) Mindful Eating (mindful vs mindless eating, emotional/stress eating & strategies to deal with these challenges)

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You Are What You Eat Series

This series includes six presentations:

- 1) The Basics of Good Nutrition (basic nutrition: nutrients, their sources, balanced plates & basic meal/menu planning)
- 2) How to Read a Food Label (reading food labels for nutrition & ingredients) and builds a handout for reference)
- 3) How to Manage Your Portions (Portion Distortion quiz; plus portion size vs serving size and appropriate portions)
- 4) Meal & Menu Planning (basic meal/menu planning based on a balanced plate; plus shopping list & menu ideas)
- 5) Eating on a Budget (continues meal/menu planning; plus recipe revision, bulk- shopping & batch-cooking)
- 6) Mindful Eating (mindful vs mindless eating, emotional/stress eating & strategies to deal with these challenges)

Lifestyle Change Series

This series includes six presentations:

- 1) Setting Realistic Goals (goal setting: the focus is realistic goals, ways to set them and attain them)
- 2) Healthful Habits (healthful habits - what they are and ways to establish them)
- 3) Journaling (journaling, the benefits of journaling and ways to use journaling to reach goals)
- 4) Mindful Eating (mindful eating vs mindless eating and ways to reduce emotional, stress & mindless eating)
- 5) Whole Foods for Whole-Person Health (whole foods vs processed foods & ways to incorporate them)
- 6) Staying on Track (tips/strategies for staying on track to attain health/wellness goals)

Weight Management Series

This series includes six presentations:

- 1) Weight Management/Setting Realistic Goals (weight management principles & setting realistic goals)
- 2) Basics of Good Nutrition/Food Label (basic nutrition, balanced plates & reading food labels - nutrition & ingredients)
- 3) Portion Control (Portion Distortion quiz; plus portion size vs serving size and appropriate portions)
- 4) Meal/Menu Planning (basic meal/menu planning based on a balanced plate; plus shopping list & menu ideas)
- 5) Mindful Eating (mindful eating vs mindless eating and ways to reduce emotional, stress & mindless eating)
- 6) Staying on Track (tips/strategies for staying on track to attain health/wellness goals)

Mindful Eating Series

This series includes six presentations:

- 1) Basics of Good Nutrition (basic nutrition, balanced plates & reading food labels - nutrition & ingredients)
- 2) Mindful Eating vs Mindless Eating (mindful vs mindless eating & strategies to deal with these challenges)
- 3) Stress Management & Nutrition (what is stress? how does it affect health/wellness? stress management strategies)
- 4) Mindfulness for Health & Wellness (principles of mindfulness for whole-person health/wellness)
- 5) Mindful Eating (establishing mindful eating principles & ways to reduce emotional, stress & mindless eating)
- 6) Staying on Track (tips/strategies for staying on track to attain health/wellness goals)

Organics & Cooking with Herbs/Spices Series

This series includes six presentations:

- 1) Basics of Good Nutrition (basic nutrition, balanced plates & reading food labels - nutrition & ingredients)
- 2) Whole Foods for Health & Wellness (whole foods vs processed foods & ways to incorporate them)
- 3) Organic vs Conventional (what are organics? how do organics differ from conventional foods)
- 4) Shopping with Health in Mind (organic vs conventional; plus, whole foods vs processed foods)
- 5) Cooking with Herbs/Spices (herbs, spices & aromatics: benefits, differences & ways to incorporate)
- 6) Meal/Menu Planning (basic meal/menu planning based on a balanced plate; plus shopping list & menu ideas)

Clean Eating (Living) Series

This series includes six presentations:

- 1) The Principles of Clean Eating (Living) (basic nutrition, balanced plates, hydration & physical activity)
- 2) Whole Foods for Health & Wellness (whole foods vs processed foods & ways to incorporate whole foods)
- 3) Organic vs Conventional (organics vs conventional foods, how to maximize nutrition & manage expenses)
- 4) Shopping with Health in Mind (which to foods/ingredients to maximize & which foods/ingredients to eliminate)
- 5) Cooking with Herbs/Spices (herbs, spices & aromatics: benefits, differences & ways to incorporate)

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