

North Raleigh Nutrition Center

Week #1: Sept 14

Meal Planning Made Simple

This workshop will provide you with basic tools you need to start on the path to a healthy weight. We will cover how many calories your body needs to function at your current weight, as well as what it takes to lose or to gain weight. We'll also cover the most important strategy to healthy living – planning ahead.

Week #2: Sept 21

Portion Practice

This workshop will cover the basics for creating a healthy meal plan. We'll take a look at the difference between a serving and a portion. We'll also use specific strategies for controlling portions, whether you're at home, at a restaurant, or at a social gathering.

Week #3: Sept 28

Grocery Store Tour

Navigating the grocery store can be one of the most stressful events for a person who is changing old habits and recreating new ones. Knowing how to navigate the grocery store to find healthy foods makes this an easy task. Come and learn key tips for finding healthy items while leaving the junk food that may be disguised as health food on the shelf.

Week #4: Oct 5

Shedding Light on Nutrition Misinformation

Now that we've perused the grocery store, we've seen labels boasting claims such as “no trans fat”, “made with whole grains”, and “good source of”. This workshop will shed light on what these and other nutrition claims really mean.

Week #5: Oct 26

Your Food Environment

Ever wonder why you just can't seem to get a hold of those late-night cravings? Or, why you get the munchies as soon as you see your TV? In this workshop, we'll cover those behaviors and many more as we take a closer look at our environment and the triggers that tell us to eat.

Week #6: Nov 2

Quick & Healthy Cooking

Healthy cooking doesn't have to take a lot of time or effort – find out how! We'll take a look at the basics of healthy cooking and how to alter your favorite recipes to make them more suitable for a healthy lifestyle.

Week #7: Nov 9

Dining Out the Healthy Way

Now that you've mastered healthy eating at home, it's time to try healthy eating at a restaurant. In this workshop, we'll cover strategies for healthy eating when you're away from home, whether you're at a fast food joint or a 5-star restaurant.

Week #8: Nov 16

Fueling for Exercise/Supplement Use

This workshop will make when and how to fuel for exercise a no-brainer. We'll also cover some popular supplements on the market today and what's good or not-so-good to include as a part of your healthy lifestyle.