



Nutrition Education Topics

Live Well! Enjoy Nutrient-Rich Foods

Nutrient Density is the cornerstone of the 2005 Dietary Guidelines for Americans and MyPyramid. This program will help you to navigate through MyPyramid and use it as a tool to get the most nutrition out of your calories, make smart choices from every food group, and find your balance between food and physical activity. Lean beef, a naturally nutrient-rich food, will be discussed and a cooking demonstration will help you to incorporate more nutrient dense foods into your meals.

Heart Healthy Living

This program is packed full of valuable heart-healthy diet and lifestyle information. Basic facts about cardiovascular risks are discussed, as well as painless steps individuals can take for a positive impact on health. Participants will gain valuable resources for eating better, increasing activity and reducing stress to lower their risk for heart disease. In addition, beef's role in a heart healthy diet will be discussed, along with a cooking demonstration, including how to easily select and prepare lean and extra lean beef.

Healthy Kids, Healthy Future

One in five children in the United States is now overweight or obese. Lack of physical activity, unhealthy eating patterns or a combination of these along with genetics generally causes obesity in children. Learn how to be a good role model for your child. If your child sees you enjoying healthy foods and physical activity, he or she is more likely to do the same. Educate and involve your child to make healthy lifestyle choices. Nutrient-rich meal and snack ideas will be presented and samples provided.

1-2-3 Toss It or Grill It!

Tossing meat and veggies in the stir-fry pan or grilling your meats can be a quick and easy way to put dinner on your table! Learn the ins and outs of stir-frying and grilling to produce quick and healthy meals for you and others. A cooking demonstration will include how to select and prepare naturally nutrient-rich foods, such as lean beef, for the wok or the grill.

See below for more information on how to set up a free seminar
with a Registered Dietitian today!

How to set up a free seminar for your company or organization:

1. Contact Deana Foster, R.D., at the Wisconsin Beef Council Office
1-800-728-BEEF(2333) (email: dbf@beeftips.com).
2. ONE Free seminar per year is offered to each company or organization.
Additional seminars can be arranged for a nominal fee.
3. A minimum of 20 people must be registered for a seminar. We obtain the right to cancel a seminar if the minimum attendance cannot be met.
4. All seminars are presented using PowerPoint. The company or organization must provide a laptop computer, LCD projector and screen. If this is not available, special arrangements can be made. Also, a long table and access to electricity must be available for any cooking demonstrations that are provided.
5. The Wisconsin Beef Council will provide a packet of materials for each participant, including copies of the PowerPoint presentation, valuable nutrition tools and recipes. These packets are mailed to the company or organization ahead of time to be distributed on the day of the scheduled seminar.
6. The Wisconsin Beef Council will also be responsible for bringing any equipment and supplies needed for a cooking demonstration. Also, a small tasting sample is provided for all participants at each seminar that includes a cooking demonstration.



Wisconsin Beef Council
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