Chicago Nutrition Speaker Seminar Topics
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I. Healthy Lifestyle/Weight Management

a. The guidelines and importance of maintaining a healthy lifestyle and weight?

b. Managing stress, family and a healthy lifestyle?

c. Happy Holidays, Healthy You!

d. Nutrition Know How! Separating nutrition myths from facts?

e. Healthy Eating while traveling/dining out?

f. A Guide to Portion Management Techniques!

g. Smart Eating for Busy People!

h. Nutrition, Exercise and Metabolism?

i. Energy Boosting Foods!

j. Nutrition and Crazy Job Schedules! Mealtimes in the Office?

k. Food Cravings: What to eat for satisfaction and health!

l. Supermarket Nutrition: Purchasing Healthy Groceries!

m. Man Seeking Healthy Lifestyle...You Can Do it! Easy, Quick, Man-Friendly Meals.

n. Emotional Eating: Why do we do it? What can be done?

o. Easy Everyday Steps for Healthy Living!

p. Healthy Living and Super Processed Foods: Are they compatible?

II. Healthy Eating and Nutrition Trends

a. Request a seminar to explain:

   i. Food additives?

      ii. Caffeine: part of a healthy lifestyle?

      iii. Carbohydrates/ sugar?

   iv. Fat?

   v. Fiber?
vi. Protein?

vii. Sodium?

viii. Herbs? Teas?

ix. Nutrition Facts label?

x. Portion sizes?

xi. Antioxidants?

xii. Vitamin and Mineral requirements?

xiii. Understanding Food Claims: Organic?

xiv. MSG?

xv. Sugar substitutes?

III. Specialized Diets Explained

a. Young at Heart! Eating patterns and foods for a healthy heart?

b. Sorting out the Fats: Good? Bad?

c. Diabetic Healthy Eating?

d. Vegetarian diets?

e. Healthy Eating during Kidney Failure?

f. Nutrition and Cancer?

g. Nutrition Fables: So many diets, what is best?

h. Gluten-free Diet?

i. Food Allergies/Intolerances?

j. Nutrition and Disease Prevention: What are the facts?

IV. Women/Pregnancy/Breastfeeding/Infants

a. Breastfeeding Superpower! Nutritional benefits of breastfeeding?

b. Mama’s Hungry! How to have a deliciously nutritious pregnancy?

c. Additional Needs and What to Avoid during pregnancy?

d. Nutritional requirements of infants: Getting Enough?
e. Women’s Health Issues and Nutrition! Meeting the Special Needs of Women.

f. Nutrition for Healthy Hair and Skin?

g. Nutrition and Menopause?

V. Sports Nutrition

a. Hydration- fluids, electrolytes and exercise.

b. Protein and exercise: How much is enough? How much is too much?

c. Supplements and exercise.

d. Nutrition and Exercise: The best foods for pre and post workout!

e. Sorting out the Facts: Sports bars and energy drinks.

VI. Aging

a. Antioxidants! Nutrition, Inflammation and the Aging Process?

b. Nutrition and Skin Care?

VII. Adolescents and Children

a. Understanding school nutrition policies?

b. Nutritional requirements of adolescents/children?

c. Healthy meals and snacks for adolescents/children?

VIII. Nutrition and Economics

a. Cost Analysis: Is healthy eating more expensive?

b. Healthy eating on a budget?

c. Obesity and Overweight: The Cost of Unhealthy Eating?

IX. Food Preparation and Food Safety

a. Preparing simple and healthy meals?

b. Food Safety Guidelines?

c. Stand-by meals with a nutritional punch!