

Book a Dietitian Debrief!

Montefiore's Registered Dietitians are available to educate and answer your questions about nutrition



Schedule a Dietitian Debrief for Your Department!

Each 30 or 45-minute debrief session will include an overview of the selected topic and a comprehensive Q&A session. Departments may schedule a debrief on any of the following topics:

Ask a Dietitian

This is an open-forum where associates are free to ask any nutrition-related questions. There is no formal presentation.

Debunking Nutrition Myths

There is a lot of misinformation about nutrition in the media and online. This session will review evidence-based research for a better understanding of these commonly misunderstood nutrition myths.

Decoding Nutrition Labels & Portion Control

Learn how to read a Nutrition Facts Label and discover how marketing influences our food choices.

Eating Healthy Out of the Home

Expect an interactive discussion about making the best choices when outside the home including eating at restaurants or social gatherings and when food shopping.

Eating Your Energy

Learn how diet plays a role in a person's energy levels and how to identify possible nutrition-related causes that could be attributing to less energy levels. Learn how to change your diet to increase your energy.

Eating Well at Work

Learn practical tips on how to make it easier to be healthier when on the job.

Focus on Specific Diet

Select a diet to learn more about. Examples include: a diet relevant to a specific population such as for a cardiac diet, information on how to transition to a plant-based diet, or an overview of a trendy diet (intermittent fasting, ketogenic diet). One month lead time is required.

Food-Mood Connection

More evidence is coming out about the relationship between the gut and the brain. Uncover the current research on how nutrition affects mood and hear about nutrition recommendations for improving it.

Healthy Swaps

Small changes can make big improvements to a person's diet. Learn simple yet effective tweaks that will improve the nutritional value of your meals and snacks while keeping you satisfied.

Mindful Eating

Discuss what it means to eat mindfully, experience a "mindful eating" exercise, and go home with tips on how to start incorporating mindful eating in your life.

Nutrition Care Plan for YOU

Learn about the current research for the best type of diet that we should be eating. Leave with at least one SMART goal on how to improve your diet at your own pace.

Nutrition for Burnout

Burnout is a hot topic in healthcare yet nutrition is often overlooked as an important aspect in preventing and managing burnout. Learn about the nutrition connection to burnout and receive practical tips that can be implemented today!

Food Prep 101

Living life to it's healthiest requires some amount of planning. This is an introduction to meal planning featuring meal prepping and batch cooking. Recipes will be provided.

Custom Presentations

Custom presentations are available for most nutrition-related topics. One month lead time is required.



Montefiore
To Your Health!
Montefiore for a Healthy You

To schedule a Dietitian Debrief email WellnessRD@montefiore.org.

**Topics can be combined and offered as a series or package of workshops over multiple weeks.*