

Book a Virtual Dietitian Debrief

WITH A REGISTERED DIETITIAN NUTRITIONIST



Montefiore
To Your Health!
Montefiore for a Healthy You

Montefiore Einstein

Virtual Nutrition Wellness Topic Menu

VIRTUAL PRESENTATION PROGRAM

Support your team's self-care with a virtual presentation encouraging nutrition wellness. Program includes:

- Assistance in selecting the most appropriate nutrition topic for your team
- A 20-30 minute session with Q&A (time permitting), led by a To Your Health! Associate Wellness Registered Dietitian Nutritionist via Zoom (associates will be encouraged to keep their camera on throughout)
- Time for all associates to schedule an individual nutrition consultation with the To Your Health! Associate Wellness Registered Dietitian Nutritionist as follow-ups.

THE TRUTH ABOUT SUGAR & THE NEW NUTRITION FACTS LABEL

What's the difference between natural and added sugar? How much sugar should I be eating? Do I need to even eat any sugar? Get these answers and more, plus gain insight about the new Nutrition Facts Panel.

STRESS EATING

Recognize, accept, investigate, and nurture your emotional and stress eating, and leave the session feeling invigorated.

EATING WELL WHILE TELEWORKING

Practical tips on how to be healthier while on the job, whether the job is currently, partially, or entirely at home. Make the healthy option the easy option.

EATING FOR ENERGY

Learn how diet plays a role in a person's energy levels, and how to identify possible nutrition-related causes that could be contributing to lower energy levels. Receive tips on how to increase your energy.

DEBUNKING DESTRUCTIVE NUTRITION BELIEFS

Misinformation is ubiquitous in the media, but it is also passed down innocently through families. Shake off long-held beliefs and common myths about food, and replace them with improved attitudes and behaviors.

FOOD PREP 101

Living life to its healthiest requires some amount of planning. This crash course introduces the concepts of meal planning and batch cooking. Recipes will be provided. Even the most advanced meal preppers may benefit.

MINDFUL EATING

Discuss what it means to eat mindfully, experience a 'mindful eating' exercise, and leave with a plan to start incorporating mindful eating in your life.

NUTRITION CARE PLAN FOR YOU

Get the lowdown on current research for the best type of diet we all should be eating. Leave with at least one SMART goal that's specific, measurable, attainable, realistic, and time-bound.

NUTRITION & IMMUNE HEALTH

Don't wait until you are sick to change your diet! Good nutritional status is paramount for preventing illness, too. Discover which foods and nutrients best support a healthy immune system.

FOOD-MOOD CONNECTION

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

HEALTHY SWAPS

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

NUTRITION FOR BURNOUT

HOT TOPIC! Nutrition is often overlooked, yet it is an important aspect in preventing and managing burnout. Uncover the nutrition connection to burnout, with all the evidence.

TO SCHEDULE A DIETITIAN DEBRIEF, EMAIL:

WellnessRD@montefiore.org or
mpompeii@montefiore.org

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