

Book a Dietitian Debrief

WITH A REGISTERED DIETITIAN NUTRITIONIST



Montefiore
To Your Health!
Montefiore for a Healthy You

Montefiore Einstein

Nutrition Wellness Topic Menu

PRESENTATION PROGRAM

Support your team's self-care with a virtual or in-person 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 an Associate Wellness Registered Dietitian Nutritionist in-person or via Zoom (associates will be encouraged to keep their camera on throughout)
- Time for all associates to schedule an individual nutrition consultation with the Associate Wellness Registered Dietitian Nutritionist as follow-ups.
- Topics can be combined and offered as a series or package of workshops over multiple weeks.

MANAGING PRE-DIABETES TO AVOID PROGRESSION

With the number of people being diagnosed with pre-diabetes, discover the power of nutrition and lifestyle changes.

STRESS EATING

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

HOW TO IMPROVE YOUR DIGESTION

Are you wondering what to eat when nothing seems to settle well in your stomach? Should you be taking a probiotic? Should you be following the low FODMAP diet?

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.

MEAL PLANNING 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.

THE ADVENT OF WEIGHT LOSS PHARMACEUTICALS

Join us for an introduction of GLP-1 receptor agonist pharmaceuticals and their use in people as an intervention for weight loss.

NUTRITION FOR WOMEN'S HEALTH

Get the lowdown on current recommendations for women in different stages of life; including pregnancy, lactation and menopause.

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 scan the QR code below.



Associate Wellness Registered Dietitian Nutritionists are:

Monica Kelly, Nutrition Program Manager
Mary Lou Pompeii, Per Diem Dietitian