

# PRINCETON CLUB *"we're committed to you"*

## *Calories and Food Labels*

Our first class to get an excellent summary of the basic nutritional information every human should know. We'll discuss what different ingredients, nutrients, and compounds mean on food labels and ingredient lists, and we'll explore the basic unit of energy that we use when talking about food – the calorie.

## MACRONUTRIENTS

Join this second class in our series of eight to learn all about the nutrients that compromise most of our diets – the macronutrients carbohydrates, proteins, and fats. We'll discuss what each of these does in the human body, good sources of each, and what to look for on food labels. We'll also discuss two other compounds which most people don't consider as macronutrients – water and alcohol.

## MICRONUTRIENTS

The third class in our series of eight to learn all about the smaller nutrients which are no less crucial than their macro counterparts. In particular, the basic vitamins and minerals will be discussed, along with antioxidants, sodium, sugar, and gluten.

## *Nutrition and Fitness*

In this class we will explore putting nutrition and exercise information together. Proper diet and consistent training are two very important factors when it comes to overall fitness. In this class we will discuss when and what to eat around workouts, carb-loading, muscle glycogen, and nutritional supplements.

# NUTRITION Education Classes

## Weight Loss and Nutrition

We will tackle the most sought after nutrition topic of the last decade – weight loss. The misinformation and confusion surrounding metabolism, obesity, and the relationship between weight gain and certain nutrients is staggering. In this class, I attempt to de-fog this mystery and provide the basics for losing weight.

## Grocery Store Tours

The last class in this eight week nutrition series we will travel to the Hyvee grocery store on Whitney Way and I will be your tour guide. We'll go through the produce section, the bakery section, the deli, and select aisles and I'll present some tips you can use at the grocery store to make educated food selections. This is a great activity that brings together much of the information discussed in the previous lectures.

