

Sign Up Now!

In today's challenging world, it's important to make sure you're aware of the latest nutrition news for your own sake as well as for your family. These classes address issues that are of interest to the health conscious individual. We'll travel throughout Saratoga County to your group or you can schedule your group to meet at our office.

Fishing for Health



Strong Bones for Life



From Mindless to Mindful Eating



Nutrition for Seniors



Healthy Diet & Exercise Guidelines



Eating For a Healthy Brain



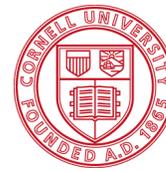
Eating for a Healthy Heart



Weight Management for Life



Phytochemicals & Antioxidants



Cornell University
Cooperative Extension
Saratoga County

Food & Nutrition



Class Offerings

Presented By

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Nutrition Educator

(518) 885-8995

Cornell Cooperative Extension offers equal program and employment opportunities.

Cornell Cooperative Extension of
Saratoga County
50 West High Street
Ballston Spa, New York 12020

Class Choices

Fishing for Health

Fish on Fridays is a great health habit. Learn why the American Heart Association recommends eating fish at least twice a week. Learn about different cooking techniques, and learn about wild vs farm raised fish. Take home new recipes to inspire you.



Strong Bones for Life

In this class we'll explore the dietary and activity factors that contribute to strong bones. Dairy, as well as non-dairy, sources of calcium and types of calcium supplements will be discussed.



From Mindless to Mindful Eating

Most of us often eat mindlessly, not aware of what or how much we're eating. Surprisingly, people find they enjoy food more and actually eat better when they pay more attention to the experience of eating. Learn how to move from mindless to mindful eating.



Nutrition for Seniors

As we age, we need more of certain nutrients and less of others. Learn how to plan your meals for optimal nutrition and enjoyment.

Phytochemicals and Antioxidants?

You've heard of them, but what are they, what do they do and how do you get them from your food?



Eating for a Healthy Brain

Emerging research shows that what you eat impacts the health of your brain. This presentation will highlight dietary and other health suggestions that are now thought to decrease your risk of Alzheimer's disease and other forms of dementia.



Eating For a Healthy Heart

We'll explore the Mediterranean diet and different foods touted to reduce cholesterol. We'll also look at the DASH Diet (Dietary Approaches to Stop Hypertension) to lower blood pressure.



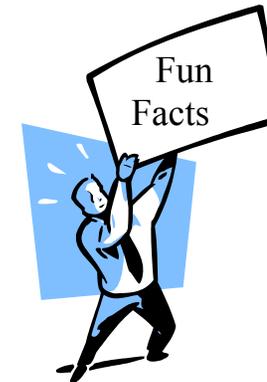
Weight Management for Life

Popular diets come and go, and so does the weight! Learn some of the principles that will help you attain and maintain a weight that is healthy for you.



Healthy Diet & Exercise Guidelines

Healthy eating and regular activity enable people of all ages to work, enjoy life, and feel their best. This program will outline current guidelines and help you develop easy strategies to move toward your goals.



Did You Know

- While fattier fish have more omega-3 fatty acids, all seafood contains some omega-3 fats.
- Our ability to make vitamin D from sunlight decreases with age.
- Eating nuts once a week can reduce your risk of heart disease.
- Whole wheat has 93% more vitamin E than refined wheat.
- There are thousands of different types of phytochemicals and antioxidants in the food we eat.
- People can eat 20% less without noticing it.

These are just a few of the things you'll learn when you invite a Cornell Cooperative Extension educator to speak at one of your meetings.

Most classes are 1 hour in length, but can be adjusted to meet your needs.

**Call today to schedule a class!
518-885-8995**

**Or email Diane Whitten at
dwhitten@cornell.edu**