Seminars

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Hot off the press: Nutrition solutions for health and wellness

Kathleen Zelman, MPH, RD

September 9, 2014, 12:30 p.m. ET, 11:30 a.m. CT

A healthy diet sounds simple enough but most Americans fall short of meeting dietary guideline recommendations. It might not sound problematic but over time, these nutrient gaps can trigger chronic diseases such as cancer, diabetes, heart disease and more. You really are what you eat! Smart nutrition choices may protect your health including your heart, bones, eyesight, brain, GI tract and more. We will uncover the latest scientific findings for nutrition solutions that can help you improve your health by powering up your diet. These diet strategies taste great and have the incredible potential to improve your health.

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Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She currently serves as director-at-large on the American Dietetic Association (ADA) Board of Directors, and received the prestigious ADA “Media Excellence Award” for her contribution and commitment to educating consumers about food and nutrition issues through the media.