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Nutrition Presentation List



Health at Every Size®

Nicole Geurin, MPH, RD

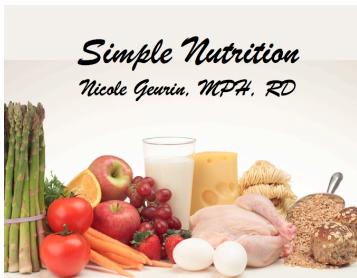
Health at Every Size:

A New Approach to Health and Happiness

Are you frustrated with dieting? New research uncovers the mystery behind why diets seldom work and suggests an alternative approach to health and wellbeing. Learn the principles of Health at Every Size and start a new journey towards health and happiness.

Program highlights include:

- Why dieting doesn't usually work
- Enjoyable ways to take care of your health
- Strategies to practice mindful eating
- How to work with your body, rather than working against it



Mindful Eating

Nicole Geurin, MPH, RD



Nutrition Tips for the Busy Professional



Nicole Geurin, MPH, RD

Simple Nutrition

Tired of confusing and conflicting messages about what you should eat? This presentation breaks nutrition down into the simplest of terms and teaches participants the basic principles of wholesome nutrition.

Mindful Eating: Your Body Knows Best

Do you love food? Hate to diet? In this presentation, you will learn the art of mindful eating. Discover strategies to listen to your body, savor your food and feel your best. Experience eating in a whole new way with a chocolate tasting activity.

Nutrition Tips for the Busy Professional

Feeling too time-crunched to live healthfully? This seminar is for the busy working professional who wants to shop smart, save time, and spend less.



Family Meals: *Mission Possible!*

Nicole Geurin, MPH, RD



How to Shop Healthy and Spend Less!

Nicole Geurin, MPH, RD

Nutrition for Diabetes Prevention



Nicole Geurin, MPH, RD

Eating Smart for a Healthy Heart

Nicole Geurin, MPH, RD



5-Minute Meals Cooking Demo

Short on time, but still want to eat well? This cooking demo, led by a registered dietitian, features mouthwatering recipes that you can make in less than 5 minutes. Each recipe contains simple, real-food ingredients, with easy-to-follow steps. It's perfect for busy people on the go. Don't settle for fast food when you can have real food... fast!

Family Meals: **Mission Possible!**

Eating family meals is one of the best ways to bond with your family and raise healthy kids. Overcome the barriers keeping you and your family from enjoying regular meals together in this strategizing session.

Grocery Shopping Secrets

Think healthy eating will break the bank? Think again! Learn how to eat well while saving money with these grocery shopping secrets.

Nutrition for Diabetes Prevention

You don't have to give up your favorite foods to prevent or manage diabetes. Learn the latest nutrition guidelines and lifestyle habits to keep you and your loved ones healthy. A registered dietitian will explain:

- What is diabetes? Who is at risk?
- How do carbohydrates impact blood sugar?
- What eating patterns can help prevent or manage diabetes?
- How to construct a personalized nutrition plan

Eat Smart for a Healthy Heart

Did you know that your heart beats 10,000 times each day? This seminar will empower you with lifestyle strategies to maintain heart health. You will learn:

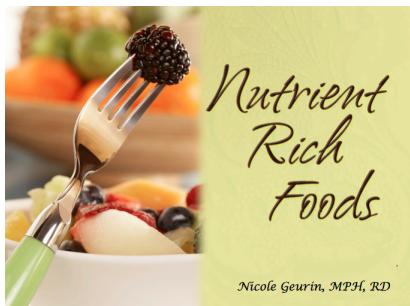
- The keys to a heart healthy diet
- Foods to help improve cholesterol, blood pressure and blood sugar levels
- Heart-healthy recipes that can be prepared in 5 minutes



Strategies for a Healthy Holiday

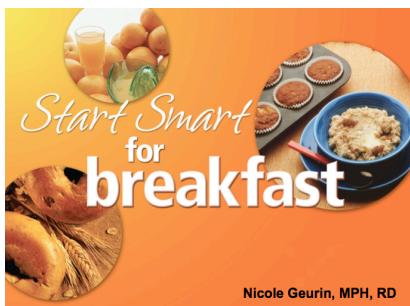
Learn simple strategies to help you address weight concerns and stay sane this holiday season. A registered dietitian will lead the discussion, covering topics such as:

- Holiday recipes that are nourishing and delicious
- How to enjoy your favorite treats without overindulging
- How to practice compassionate self-care during this stressful time



Nutrient Rich Foods

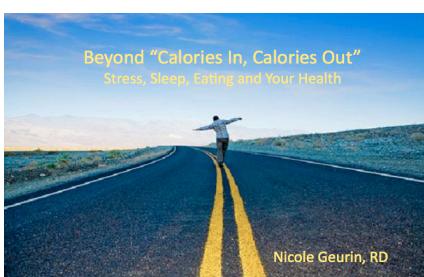
“Superfoods” provide health benefits beyond just calories and energy. Learn which foods to add to your diet to boost your health and slow the effects of aging.



Start Smart for Breakfast

Eating a nutritious breakfast can boost your mood, energy and productivity. This seminar, led by a registered dietitian, will discuss:

- Research supporting the breakfast habit
- Anatomy of a balanced breakfast
- 5-minute breakfast ideas for busy mornings



Beyond “Calories In, Calories Out”:

How Sleep and Stress Affect Your Appetite and Your Health

The old ‘calories in, calories out’ adage is out-of-date. Sleep, stress and other factors play a large role in your health and well-being. Learn the current research and discover how to address your health and weight concerns with compassionate self-care.

Fueling for Fitness

Nicole Geurin, MPH, RD



Fueling for Fitness

Whether you are a weekend warrior or a serious athlete, this presentation will teach you how to fuel your body so you can perform your best. Learn which foods to eat to maximize performance, recovery, endurance and strength.



The Truth about Sugar

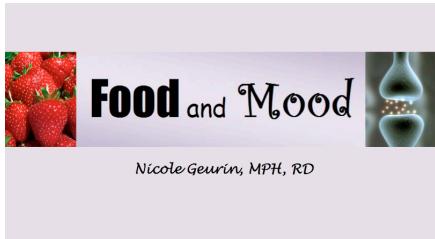
Overcoming Unhealthy Eating

Nicole Geurin, MPH, RD



The Truth about Sugar

Is sugar harmful to your health? How much is too much? Can it be part of a balanced, nutritious diet? What about artificial sweeteners? This seminar, led by a registered dietitian, will answer these questions and more.



Overcoming Unhealthy Eating

Do you have some unhealthy eating habits that you would like to change? Learn the formula to overcome any bad habit, and practice applying it to the four most common unhealthy eating habits.

Food and Mood: Feel Your Best, One Bite at a Time

Do you tend to get strong cravings and/or feel sluggish at certain times of the day? Is it tough for you to distinguish between actual hunger and emotional hunger? Small, simple changes in your diet and lifestyle can have a substantial impact on how you feel. This seminar, led by a Registered Dietitian, will examine the link between food, stress, hormones and cravings, and provide practical tips on maximizing your energy and wellbeing.



Eating Green

Guide to Eco-Friendly Foods

Eating Green: A Guide to Eco-Friendly Foods

Sustainable eating, eco-friendly, and organic are all buzz words in nutrition lately... but what exactly does it all mean? A registered dietitian will lead this discussion and provide guidance on eating well for both you and the environment.



Fact or Fiction: Exposing Diet Myths

Nicole Geurin, MPH, RD
Nutrition Consultant & Coach

Fact or Fiction? Exposing Diet Myths

There are many popular nutrition trends these days... how do you know which ones are worthwhile and which ones are just passing fads? In this seminar, a registered dietitian will discuss a number of common misconceptions in nutrition and separate nutrition facts from fiction to help you determine what is right for your health needs.

Healthy Meals on a Budget

Nicole Geurin, MPH, RD



Kitchen Makeover



Digest Your Stress

Nicole Geurin, MPH, RD



Supermarket Savvy

Nicole Geurin, MPH, RD



Wine, Coffee, Tea, & Chocolate

History & Health

Nicole Geurin, MPH, RD



Supermarket Savvy

Become an informed consumer and learn how to efficiently navigate the grocery store and put together healthy, family-friendly meals on a budget. A Registered Dietitian will lead the discussion and provide strategies for reading food labels, eating in-season, and making effortless food choices to positively impact your wellbeing.

Wine, Coffee, Tea and Chocolate

Is red wine really good for your heart? Why is chocolate considered a mood enhancer? Wine, coffee, tea, and chocolate all contain nutrients that may be beneficial to our health. A Registered Dietitian will lead this lively discussion on the history and production of these favorite beverages and food, and share out how each one can be part of a healthful diet in moderation.

Healthy Meals on a Budget

Eating healthy doesn't have to be expensive. In this seminar, you will learn tips on how to shop for healthy foods and plan nutritious meals and snacks that allow you keep your grocery budget on track. A Registered Dietitian will lead the discussion and provide strategies for stretching your dollar in the supermarket without skimping on nutrition.

Kitchen Makeover

Could your kitchen use a makeover? Take a tour of a dietitian's kitchen and learn how to stock your home with nourishing food choices.

Digest Your Stress

Why do we sometimes reach for food when stressed? Learn strategies to overcome stress eating and bounce back in times of stress. A registered dietitian will help you to identify:

- Signs you may be a stress eater
- How habits are formed in the brain, and how to change unwanted habits
- Lifestyle strategies to build stress resilience and lower stress hormones

Supermarket Savvy

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How Nutrition Impacts Sleep

Nicole Geurin, MPH, RD

How Nutrition Impacts Sleep

We know that good sleep is crucial to good health but what role does sleep play when it comes to nutrition? Conversely, how does nutrition affect the quality of our sleep? A Registered Dietitian will answer these questions and help us better understand the relationship between our dietary habits and a good night's sleep in this informative seminar.



Non-Diet Approaches to Health
Nicole Geurin, MPH, RD

Non-Diet Approaches to Health

Fad diets come and go, but basic nutrition principles remain the same. Learn how to enjoy eating while nourishing your health with the non-diet approach.

Cooking Demonstrations and Custom Presentations Also Available.



Nicole Geurin, MPH, RD

Nicole is a registered dietitian nutritionist and certified intuitive eating counselor with a master's degree in public health nutrition. She has worked with many diverse groups, including professional athletes, families and individuals managing chronic health conditions. Using a non-diet, weight-neutral approach, Nicole helps clients to enjoy eating while nourishing their health.