

CATEGORY: LIFECYCLE NUTRITION

Nutrition plays an important role in every stage of life as it can significantly impact one's quality of life. This category includes sessions that cover off on family-focused and school nutrition, nutrition for healthy aging, nutrition's role in chronic disease prevention and management, as well as obesity and weight management.

Over-Arching Themes

- BEEF Research: WISE, BOLD, Mediterranean Diet Studies
- Chronic Disease Prevention and Management
- Dietary Guidelines
- Heart Health and Dietary Fats
- Physical Activity
- Protein
- Weight Management, Body Composition, and Obesity

Prenatal and Infancy

- Breastfeeding, Formula, and Starting Solids
- Nutrition and Fertility
- Nutrition Needs During Pregnancy
- Weight Management and Obesity During Pregnancy

Childhood and Adolescence

- Family-focused Meals and Nutrition Education
- Healthy Approaches to Discuss Nutrition Recommendations with Children and Adolescence
- Overview of Dietary Guidelines: Past, Present, and Future
- Protein, Strong Starts, and Nutrient Needs for Children
- School Nutrition
- Special Populations: Sports Nutrition, Special Needs, Disease States and Medical Nutrition Therapy
- Weight Management and Childhood Obesity



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Adulthood

- Chronic Disease Prevention and Management
- Metabolic Syndrome
- Obesity, Weight Management, and Body Composition
- Overview of Dietary Guidelines: Past, Present, and Future
- Protein and Nutrient Needs for Adults
- Special Populations: Sports Nutrition, Disease States and Medical Nutrition Therapy

Healthy Aging

- Protein and Nutrient Needs to Support Healthy Aging
- Overview of Dietary Guidelines: Past, Present, and Future
- Obesity, Weight Management, Body Composition, and Sarcopenia
- Chronic Disease Prevention and Management
- Quality of Life and Longevity of Independence



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