

CATEGORY: THE POWER OF PROTEIN

Many Americans search for the best way to improve their overall health, and one strategy for maintaining a healthy lifestyle may be as simple as re-thinking protein as a food for strength. From discussion on sports nutrition, to the role of protein in weight management, to animal vs. plant-based proteins, these sessions highlight the latest research on protein's health benefits and provide strategies for optimizing protein intake.

Food and Nutrition Trends

- Cattle's Role in Upcycling Protein
- FAD Diets, Current Food and Nutrition Trends
- Plant-based Proteins and Plant-based Diets
- Red & Processed Meats

Nutrition Research

- Optimal Protein Intake vs Recommended Daily Allowances
- Science Fact or Science Fiction: Sorting Evidence from Emotion

Protein and Strength

- Obesity, Weight Management, Body Composition, and Sarcopenia
- Protein and Nutrient Needs to Support Healthy Aging

Sports Nutrition

- Obesity, Weight Management, and Body Composition
- Protein and Nutrient Needs for Athletes
- Protein Distribution, Quantity, and Quality
- Supplements vs Whole Foods



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