

CATEGORY: TRENDING TOPICS IN THE NUTRITION ENVIRONMENT

Sessions within this category cover trending nutrition topics, including sustainable diets and infant nutrition.

Food and Nutrition Trends

- FAD diets, current food and nutrition trends
- Beef's role in the diet
- Nutrient timing
- Red & processed meats
- Plant-based proteins and Plant-based diets
- Behavior and change

Food Production and Environmental Nutrition

- Beef's role in a sustainable diet
- Beef labeling: Organic, Natural, and Grass-Fed
- Deciphering and defining food labeling and lingo
- Reducing food waste
- Modern agriculture

Nutrition Research and Mass Media

- Sorting evidence from emotion
- Science fact or fiction
- Ethical and legal considerations