

# Jan – June

## Nutrition Intervention Program

The NIP is run by a registered and licensed Dietitian and is an integral part of Health Related Fitness and Exploration Wellness.




**The program includes:**

- Nutrition courses
- Lunch & Learn presentations
- Seminars
- Grocery store tours
- Private counseling sessions

Nutrition classes are held at the Gilruth from 5 – 6pm. Grocery store tours are held at a local supermarket and take about 2 hours. Dining Out with the Dietitian location and details will be provided when you register. The class agenda may change on the basis of popularity and employee input.

**For questions please contact:**

Glenda Blaskey, JSC Registered Dietitian  
 Phone: 281-244-1503  
 Email: [JSC RD Email](mailto:JSC_RD_Email)

<p><b>NIP Offerings:</b>  <i>Tues, 5-6pm at the Gilruth</i></p>		<div style="border: 1px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><a href="#"><u>Sign Up On Line</u></a></p> <p><i>You can sign up for each class one month before the class starts.</i></p> </div>
Date	Topic	
<p>Jan 10 NP118</p>	<p>Top 10 Nutrition Mistakes <b>New!</b>  <i>You read all the books and know what phrases to look for on the food packages at the store. You're certain your nutrition report card should be filled with straight A's! However, before you start pasting gold stars onto your refrigerator door, come join us for this informative class. Studies show that most of us think we are eating a lot better than we actually are. It is easy to buy into some popular misconceptions, some that might mean we aren't eating as healthy as we thought. This class will help you identify common nutrition mistakes and offer ways to avoid them.</i></p>	
<p>Jan 17 NP102</p>	<p>Pros and Cons of Popular Diets  <i>It seems that almost everywhere you look you find more information on the latest diet. Diets popularized by celebrities and in the media are often very appealing. Do they work? Are they safe? If you are considering one of these, you might like to join us for this class.</i></p>	
<p>Jan 31 NP119</p>	<p>Portion Distortion: Learning Proper Serving Sizes <b>New!</b>  <i>Do you know what a "serving" of pasta is? How many servings are you getting when you order pasta at a restaurant? If you don't know the answers to these questions, this is a perfect class for you! Often, the food that we think of as a single serving or portion is actually several servings. In this class, we will discuss what true serving sizes are and you will learn how to determine proper portions for yourself. We will also discuss how many servings of each type of food our bodies need for good health each day. Come try this class on for size!</i></p>	



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Feb 7 NP103	Diet Strategies for Cholesterol Control <i>February is National Heart Month! Cholesterol plays an important role in heart disease. If you are struggling to control your cholesterol or just want to learn what dietary changes you can make to help your heart, this class is one you don't want to miss.</i>
Feb 21 NP104	Supplements: Things every Consumer Should Know <i>Are you currently taking or considered taking a supplement? Come learn about the different types of supplements that are on the market today, the safety standards of the industry, and learn where to find reliable information on the safety of supplements. Participants are encouraged to submit the names of supplements when enrolling – several will be chosen for in depth discussion during class.</i>
Mar 6 NP105	Grocery Store Tour <b>Nutrition Tour!</b> <i>Join us for a grocery store tour and learn to shop for healthy options. Details will be provided as soon as they are available.</i>
Mar 20 NP106	Maximize Your Training With Good Nutrition <i>Training for a special event or just an avid exerciser? This class will cover some of the special nutrition needs for those who are involved in a serious workout routine. We will cover nutrition information to help make your training sessions their most productive and special considerations for competitions.</i>



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Apr 3 & 10 NP109	Diabetes: How Good Nutrition can Help <i>Do you or someone in your family suffer from diabetes? This class will focus on the importance of diet in dealing with diabetes. Topics for the workshop include carbohydrate counting, food labels, portions, and dining out. Enrollment in this class requires participants sign up for both classes in the series. Enrollment is limited.</i>
May 22 NP113	Overcoming Weight Loss Barriers <i>If you have tried to lose weight, but have been unsuccessful don't fret! Dropping those extra pounds is not often easy and usually requires hard work. Just because you were not successful in the past doesn't mean you can't do it! This class will address some of the common barriers to weight loss and strategies for overcoming them.</i>
May 29 NP107	Dining Out with the Dietitian <b>Nutrition Tour!</b> <i>Join the JSC Registered Dietitian for a healthy meal at a local restaurant. Learn to select healthy foods, menu selections to avoid, questions to ask the server and much more. Restaurant details will be provided as soon as they are available.</i>
Jun 12 NP112	Hydration <i>Good hydration plays a very important role in our health. Some topics that we will cover are tea, coffee, caffeine, juice, milk, and sports drinks. This class will also include a discussion on adequate intake for healthy adults as well as some guidelines for optimal fluid choices!</i>
Jun 26 NP105	Grocery Store Tour <b>Nutrition Tour!</b> <i>Join us for a grocery store tour and learn to shop for healthy options. Details will be provided as soon as they are available.</i>

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