

Nutrition Presentations with Pnina Mohr RDN CDN 2014-2019

PRESENTED TO

Wild by Nature Supermarket, Oceanside, NY
Magnolia Senior Center, Long Beach, NY
Peninsula Library, Lawrence, NY
Long Beach Library, Lawrence, NY
Emanuel Synagogue, Long Beach, NY
The Bristol, Lynbrook, NY

TOPICS

Diet for Cancer Prevention – plant-based diet and recommendations from cancer organizations

Eating for Heart Health

The DASH diet for high blood pressure

Diet for Healthy Aging

Fabulous fiber – Impact on the Gut and Blood Sugar

Demystifying Weight Loss Diets

Understanding the Nutrition Label and What it Means for your Health for Prevention of Chronic Diseases

College Bound with Food Allergies

Organic Food or Not

New Year – Healthy Eating

Chocolate and foods with polyphenols – presented February for Heart Health month & Valentine's Day

Eating Out and on the Go

Healthy Cooking Series:

- Healthy Ingredient Substitutions –trending ingredients and the scoop on alternative sugars and fats
- Healthy Cooking with Herbs
- Quick and Healthy – Building the pantry for expedient cooking

Nutrition and Memory

Nutrition for Heart Health

Summer Eating for Heart Health

Nutrition for Healthy Aging

Nutrition and Inflammation

Vitamins, Minerals, and Supplements – What Seniors Need to Know

2019

New Healthy You – The Bristol Senior Living – Lynbrook, NY - January 2019

Diet and Inflammation – Long Beach Public Library – Long Beach, NY - January 2019

The Benefits of Chocolate and other Heart Healthy Foods – American Heart Month

- The Bristol, Lynbrook, NY (private/closed to the public) – February 13, 2019
- Peninsula Library, Lawrence, NY - February 25, 2019
- Magnolia Senior Recreation Center – Long Beach, NY – February 27, 2019