



Welcome to Nutrition Talk!

Week 2

Tuesday, October 11, 2016

# Your Favorite Spot in Davis



# Mission Statement

- “We are Healthy Aggies, a nutrition education program run by students, for students, and supported by UC Davis Dining Services Sustainability and Nutrition Office. Our mission is to teach and encourage healthy eating on and off campus – be it at the DC, downtown, or home. Using science-based evidence and administering nutrition education events, we want to inspire our peers to not only make more mindful choices but to make them a habit for a healthy lifestyle.”



# Debrief



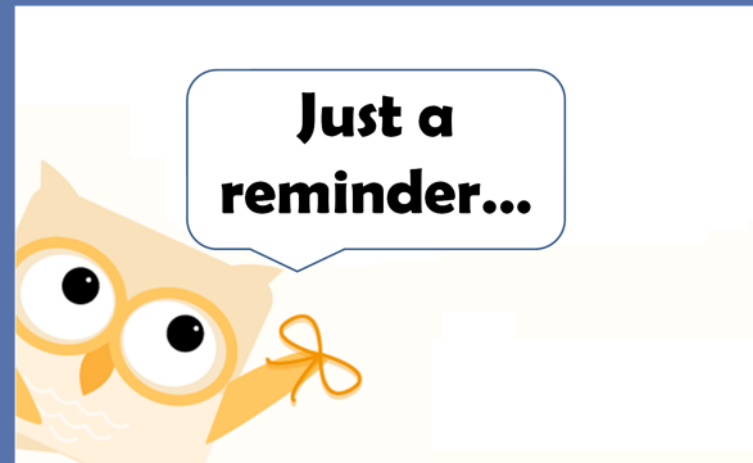
# Next Week's Topic

- Vegan diet
- Paleo diet
- Raw food diet
- Ketogenic diet
- Various weight loss diets



# Friendly Reminders

- Phone #'s
- Nametags
- 15 minute break
- Setting up/closing down
- Smile



# Would you be interested in...

- 1 Meeting time
- Featured on Weebly page?



# Trendy Tips

Chipotle: A Love Story

https://www.alovestorygame.com

## A LOVE STORY GAME

**CHIPOTLE**

Love can be rewarding! Earn FREE Chipotle by using your matchmaking skills while avoiding added colors & flavors.

**PLAY NOW**

**WATCH THE FILM**



# Words of Wisdom

- “It is possible to commit no mistakes and still lose. That is not weakness, that is life.”

-Jean Luc Picard