

Welcome to Nutrition Talk!

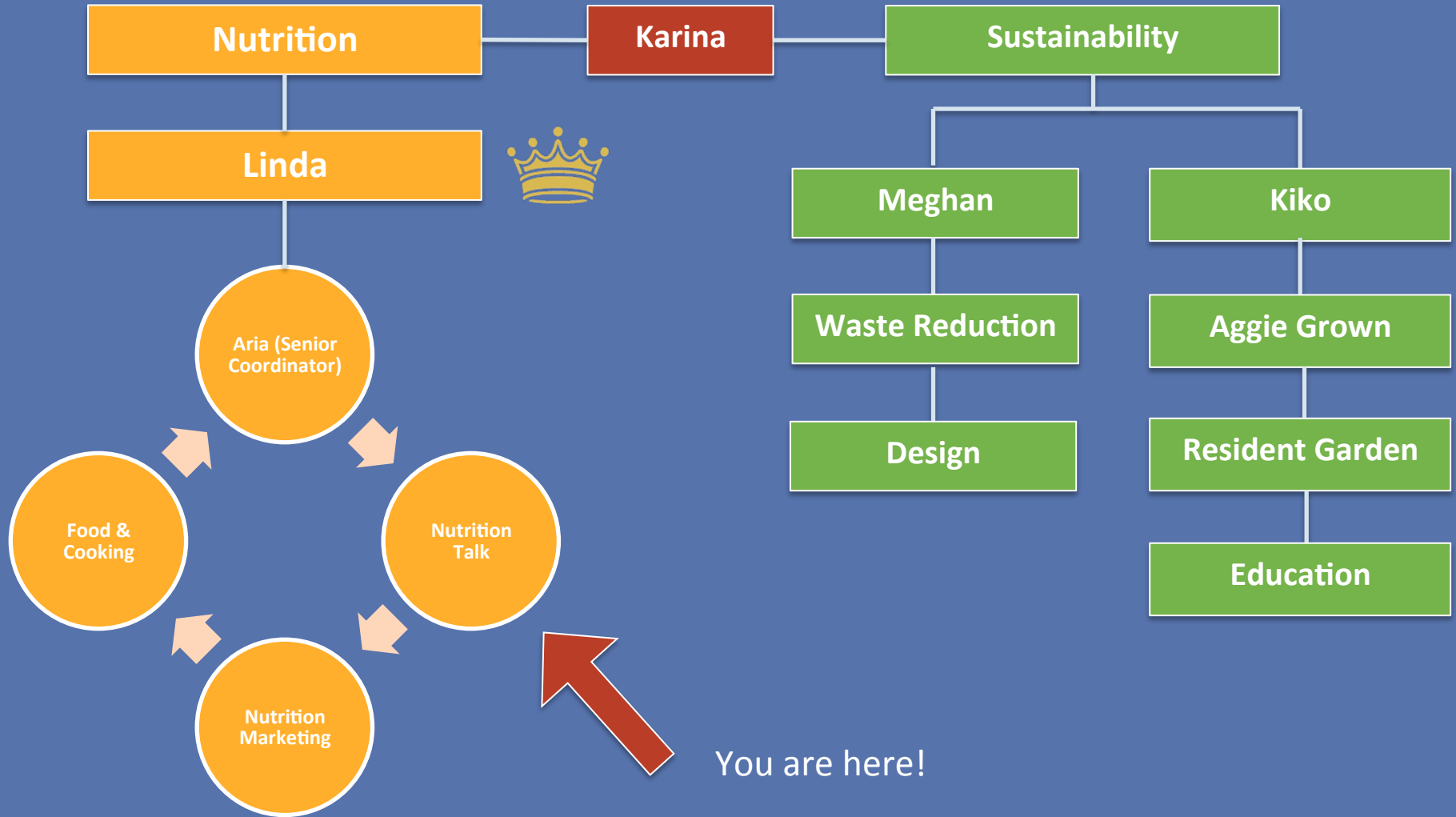
Week 6

Tuesday, November 8, 2016

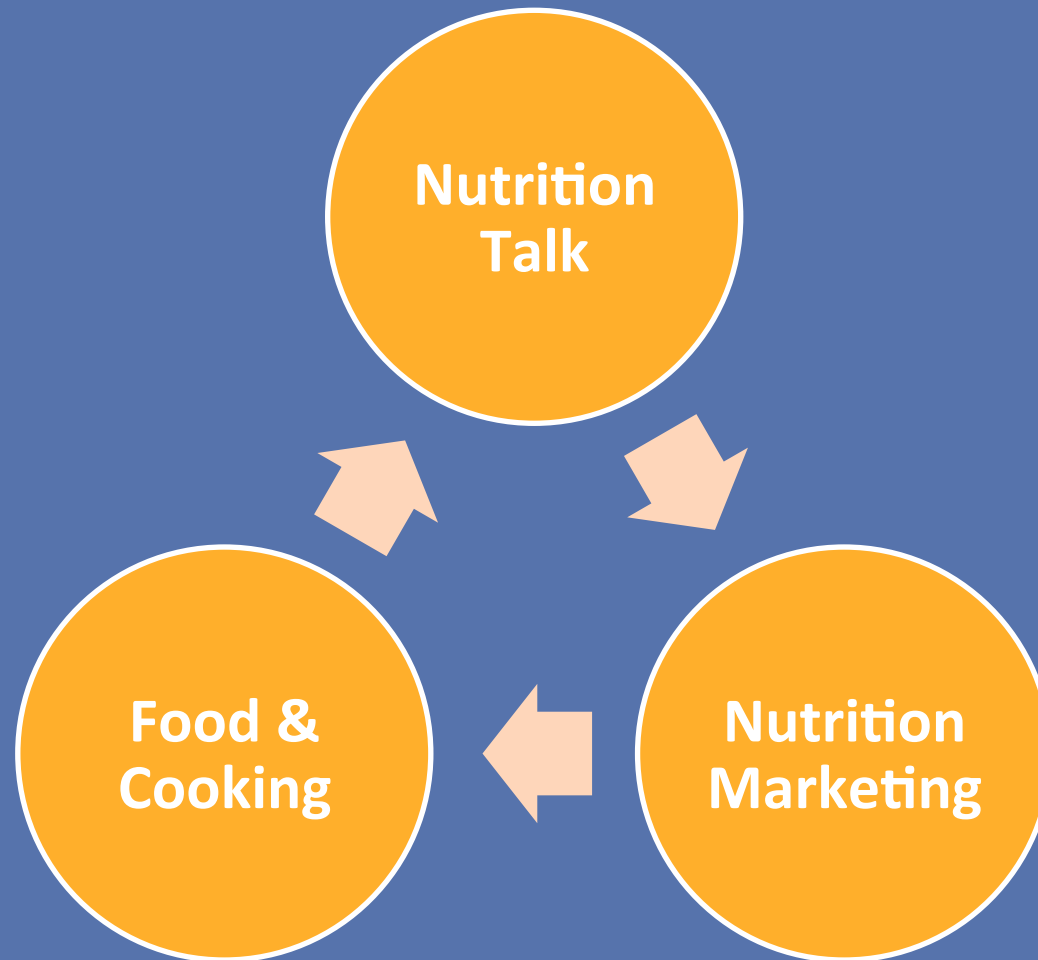
Something that you'd like to accomplish by the end of this year or before you graduate



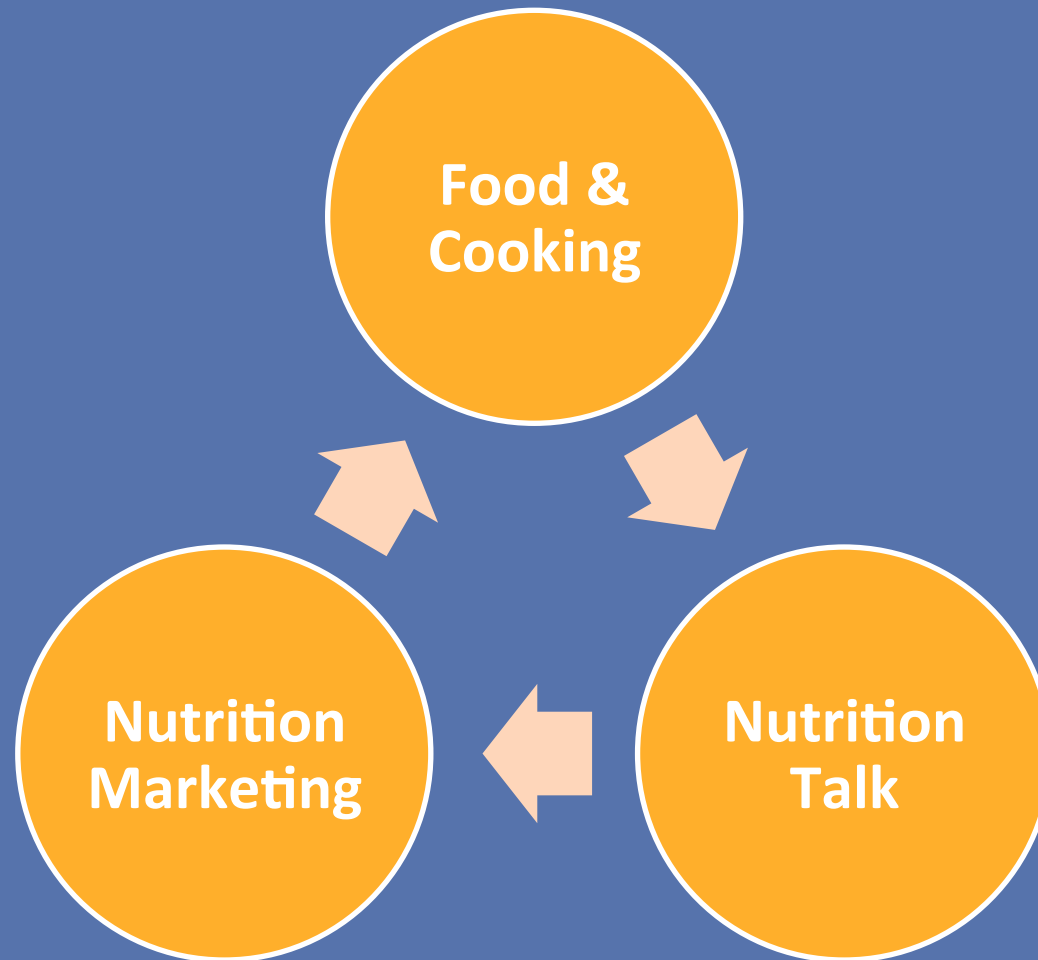
The SNO Team



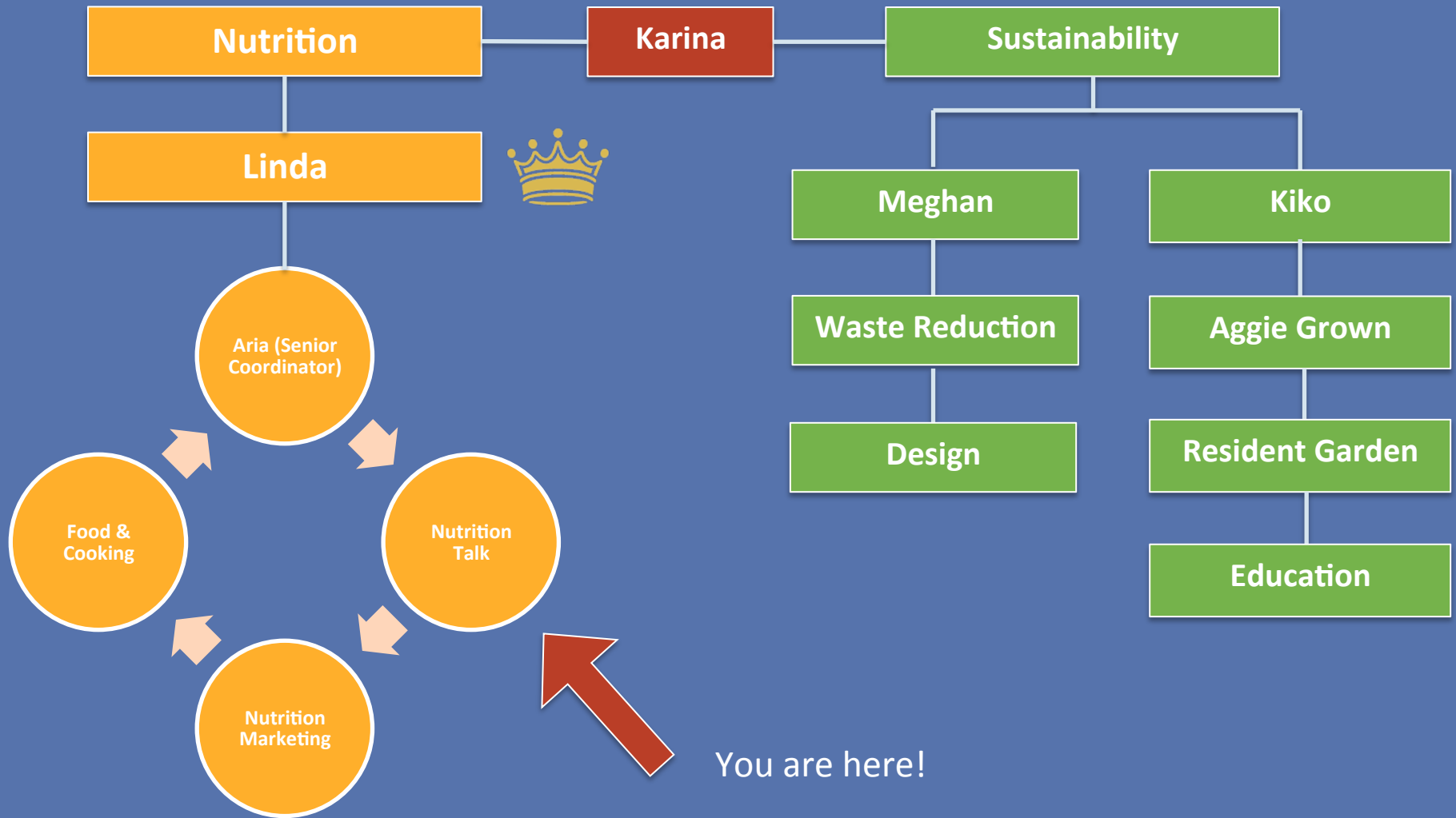
Would you be interested in..



Would you be interested in..



The SNO Team



Sustainability Intern Showcase

- Friday, December 2 @ 11 Am
- Location TBD (probably Cuarto)
- Lunch @ 12 in Cuarto
- Give 5-7 presentation on relevant nutrition topic
 - Will have projector & laptop if needed

Debrief



Next Week: Nutrition Myths



T/F brown eggs are more nutritious than white eggs



False! Eggshell does not affect quality, flavor, or nutritive value of an egg. Eggshell color only depends on the breed of the hen.

T/F skipping meals will help you
lose weight



False! Skipping meals slows down your metabolism to compensate for lack of food. Furthermore, you're more likely to overeat during subsequent meals. Try small, frequent meals instead.

T/F Alcohol can be good for you

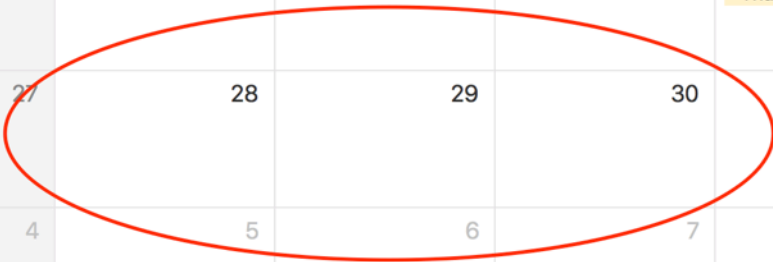
True! Moderate consumption of alcohol can lead to reduced risk of cardiovascular disease

Note: Moderate consumption = 2 drinks/day for men and 1 drink/day for women

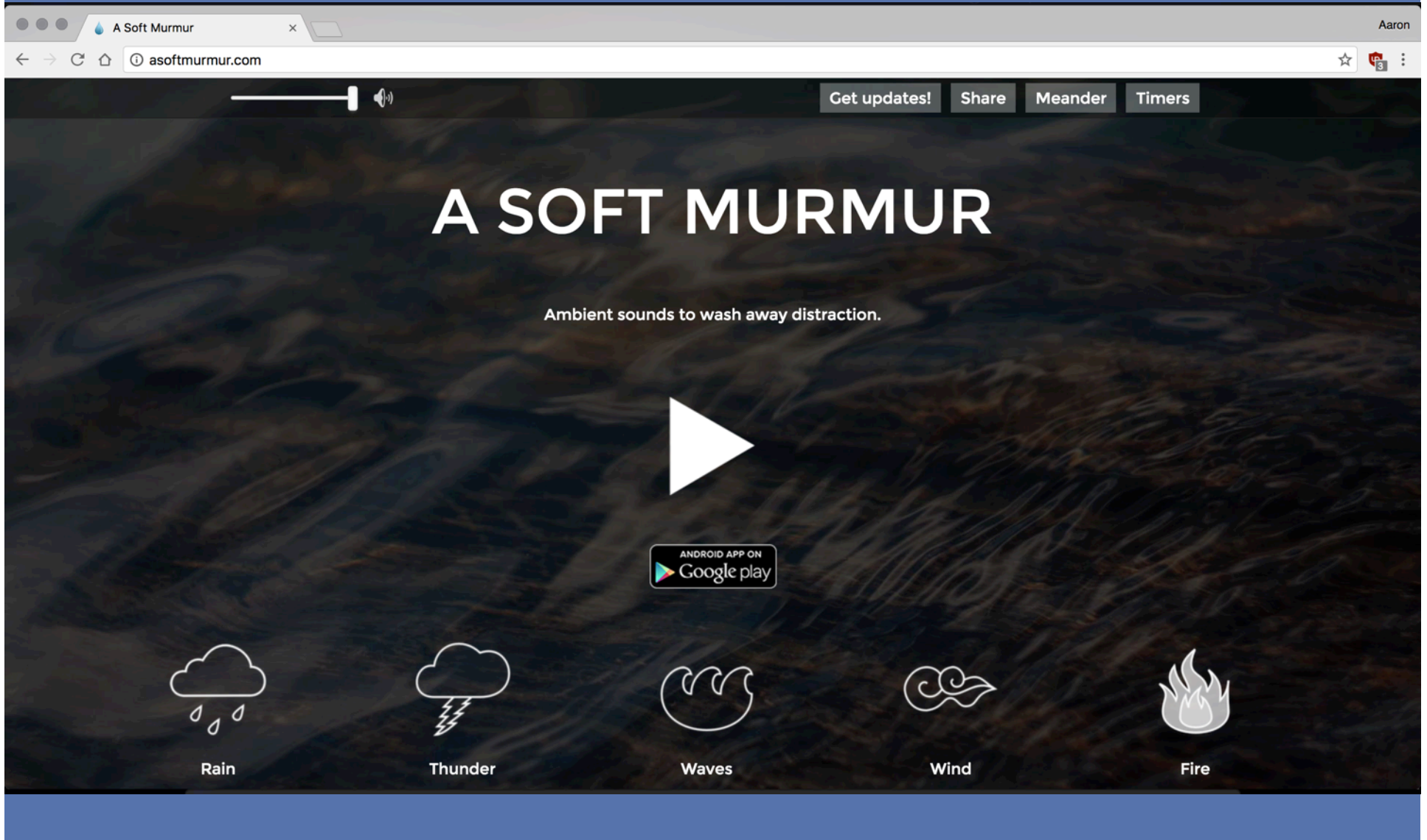
Looking ahead-Intern Topic

November 2016 < Today >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Halloween	31	Nov 1	2	3	4	5
6 Daylight Saving Ti...	7	8 Election Day	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30	Dec 1	2	3
4	5	6	7	8	9	10



Trendy Tip



A screenshot of a web browser displaying the website "A Soft Murmur". The browser's address bar shows "asoftmurmur.com". The website has a dark background with a subtle water ripple pattern. At the top right, there are navigation buttons: "Get updates!", "Share", "Meander", and "Timers". The main heading is "A SOFT MURMUR" in large white letters, with the tagline "Ambient sounds to wash away distraction." below it. A large white play button is centered on the page. Below the play button is a "Google play" logo with the text "ANDROID APP ON". At the bottom, there are five icons representing different sound categories: Rain (cloud with raindrops), Thunder (cloud with lightning), Waves (circular waves), Wind (swirling lines), and Fire (flame). Each icon is accompanied by its respective label: "Rain", "Thunder", "Waves", "Wind", and "Fire".

A Soft Murmur

asoftmurmur.com

Get updates! Share Meander Timers

A SOFT MURMUR

Ambient sounds to wash away distraction.

ANDROID APP ON Google play

Rain Thunder Waves Wind Fire

Words of Wisdom

- “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

-Dr. Seuss

