Brigham Young University, Provo, Utah ✻ **June 13–14, 2011**

UTAH STATE UNIVERSITY EXTENSION FACS NUTRITION & FOOD SCIENCE

NUTRITION

2011 CONFERENCE

Register Today!

http://ce.byu.edu/cw/nutrition

PRESENTED BY FACS, UTAH STATE OFFICE OF EDUCATION, UTAH STATE UNIVERSITY, AND BYU DIVISION OF CONTINUING EDUCATION

Nutrition Conference June 13–14, 2011

UTAH STATE UNIVERSITY EXTENSION FACS NUTRITION & FOOD SCIENCE

NUTRITION

2011 CONFERENCE

Learn Nutrition from the Best

at the 2011 FACS Nutrition & Food Science Conference!

Date & Place

Monday and Tuesday, June 13 & 14, 2011
BYU Wilkinson Student Center, Provo, Utah

This conference will help you apply the latest nutritional information in the workplace, classroom or home. New and innovative research on food and nutrition issues will be discussed. You'll learn the health benefits of a rich diet in fruits, vegetables and whole grains. If you'd like to know more about making healthy meals for your family, eating well on a gluten-free diet, or interpreting nutritional facts, this conference is for you!

Keynote speakers:

- Liz Edmonds, "The Food Nanny," on "Family Mealtime"
- Dr. Katherine A. Beals, University of Utah, "Overview of Changes in the New Dietary Guidelines"
- Darin Adams, Studio 5, (TBD)

Regular session topics include "Fuel Up for Play," "Sports Nutrition—an Update," "Basic Knife Skills," "Game On! The Ultimate Wellness Challenge," "Everyday Food Storage," "Adjusting for Altitude," "The Super Cookie," "Name that Food!" "Understanding Eating Disorders," "Vietnamese Cooking," "Diets: Fad or Bad? What Works, What Doesn't and Why," and "Gluten Free and Loving It!"

http://ce.byu.edu/cw/nutrition

PRESENTED BY UTAH FACS, UTAH STATE UNIVERSITY—COOPERATIVE EXTENSION, AND BYU DIVISION OF CONTINUING EDUCATION

2011 FACS Nutrition & Food Science Conference

Register by May 13 and Save!
Call 801.422.8925 or register online at ce.byu.edu/cw/nutrition.

Cost Only $40 on or before May 13, 2011; $50 after May 13, 2011; $60 at the door (availability not guaranteed)

Website: Visit ce.byu.edu/cw/nutrition for class descriptions, credit information, parking, schedule and other details.

E-mail: Write to cw169@byu.edu with any additional questions.

UTAH STATE UNIVERSITY EXTENSION FACS NUTRITION & FOOD SCIENCE

NUTRITION

2011 CONFERENCE

We invite you to participate in our conference to learn from the best in the nutrition and food science profession.

UtahStateUniversity COOPERATIVE EXTENSION

Utah FACS Family & Consumer Sciences Education