



Kara Trochta Lubna Qureshi *Coordinated Program in Dietetics UT Health Science Center at San Antonio*

Unit 1- Reality Check (Why do I need a wellness plan....?)

Lesson No. 1- Part 1-DiseasesObesity and Overweight ! A Leap to Disease and Death

Lesson No. 1- Part 2-Diseases.....Obesity and Overweight! Leading to Heart Disease

Lesson No.2 - Part 1-Diets.....Fad Diets or Healthful Diets

Lesson No.2 - Part 2-Diets.....Healthful Diets

Lesson No.3 - Part 1- Myths.....Nutrition! Myths and Facts

Lesson No. 4- Part 1- Dietary Guidelines for Americans, 2010

Lesson No. 4- Part 2- Dietary Guidelines.....Eat Better, Stay Well by Following Dietary Guidelines for Americans, 2010

Unit 2- Chose My Plate (What's in there for me.....?)

Lesson No. 5- Part 1-Introduction to My PlateChoose My Plate

Lesson No. 5- Part 2-Introduction to My Plate My Plate Food Group Recommendations

Lesson No.6 - Part 1-Fruits and Vegetables.....Vary Thy Vegetables!

Lesson No.6 - Part 2-Fruits and Vegetables.....Focus on Fruits

Lesson No.7 - Part 1-Grains...Make Half of Your Grains-Whole Grains

Lesson No.7 - Part 2-Grains...The Importance of Fiber

Lesson No. 8- Part 1- Proteins and Fats.....Go Lean with Proteins

Lesson No. 8- Part 2- Proteins and Fats.....Oil and Fats

Lesson No. 9- Part 1- Dairy.....Need Calcium!

Lesson No. 9- Part 2- Dairy.....Need Calcium!

Unit 3- Make it Happen (How can I do it....?)

Lesson No. 10- Part 1-Supermarket Savvy

Lesson No. 10- Part 2-Recipe Modification

Lesson No. 11- Part 1-Effortless Exercise

Lesson No. 12- Part 1-Portion Control

Lesson No. 12- Part 2-Smart Snacking

Lesson No. 13- Part 1-Tips for Eating Out

Unit 1 – Reality Check (Why do I need a wellness plan....?)

Lesson No. 1- Part 1-DiseasesObesity and Overweight ! A Leap to Disease and Death

Lesson No. 1- Part 2-Diseases.....Obesity and Overweight! Leading to Heart Disease

Lesson No.2 - Part 1-Diets.....Fad Diets or Healthful Diets

Lesson No.2 - Part 2-Diets.....Healthful Diets

Lesson No.3 - Part 1- Myths.....Nutrition! Myths and Facts

Lesson No. 4- Part 1- Dietary Guidelines for Americans, 2010

Lesson No. 4- Part 2- Dietary Guidelines......Eat Better, Stay Well by Following Dietary Guidelines for Americans, 2010

Unit 2- Chose My Plate (What's in there for me....?)

Lesson No. 5- Part 1-Introduction to My PlateChoose My Plate

Lesson No. 5- Part 2-Introduction to My Plate My Plate Food Group Recommendations

Lesson No.6 - Part 1-Fruits and Vegetables.....Vary Thy Vegetables!

Lesson No.6 - Part 2-Fruits and Vegetables.....Focus on Fruits

Lesson No.7 - Part 1-Grains...Make Half of Your Grains—Whole Grains

Lesson No.7 - Part 2-Grains...The Importance of Fiber

Lesson No. 8- Part 1- Proteins and Fats.....Go Lean with Proteins

Lesson No. 8- Part 2- Proteins and Fats.....Oil and Fats

Lesson No. 9- Part 1- Dairy.....Need Calcium!

Lesson No. 9- Part 2- Dairy.....Need Calcium!

Unit 3- Make it Happen (How can I do it....?)

Lesson No. 10- Part 1-Supermarket Sav y

Lesson No. 10- Part 2-Recipe Modification

Lesson No. 11- Part 1-Effortless Exercise

Lesson No. 12- Part 1-Portion Control

Lesson No. 12- Part 2-Smart Snacking

Lesson No. 13- Part 1-Tips for Eating Out