

## **POSSIBLE TOPICS FOR PRESENTATIONS – NUTRITIONAL THERAPISTS**

- ideally, the topic is one that you have substantial knowledge in, either from other university subjects or it is something you are going to write about in your bachelor thesis
- you are required to do background reading on the topic IN ENGLISH (relevant books/websites/video lectures are uploaded in IS)
- you should upload the presentation into IS (odevzdávárny)

### TOPIC 1:

Exercise and Nutrition – Partners for Life; Fueling Up for Fitness Routines; Going to Extremes – The Smart Way

### TOPIC 2:

Obesity – Public Health Enemy Number One; Facts on Functional Foods

### TOPIC 3:

Cardiovascular Disease – What Are the Risks?; A Heart-Healthy Lifestyle

### TOPIC 4:

Healthy Weight Management; Dietary Approaches to Weight Management; The Physiology of Weight Management

### TOPIC 5:

Fat, Fat Everywhere!; Fake or Real – Sugars and Fats (*focus on fats*); The Good Fats

### TOPIC 6:

Not All Carbohydrates Are Created Equal; Fake or Real – Sugars and Fats (*focus on sugars*); Sugar and Hyperactivity; Sugar, Salt, Allergies, and Additives

### TOPIC 7:

Nutrition and Cancer Prevention; Nutrition and Digestive Health

### TOPIC 8:

The DASH Diet – A Lifesaver; Dieting – Separating Myths from Facts; Healthful Eating versus Fad Diets

### TOPIC 9:

Vitamins – Spotlight on C; Vitamins A and K – Mutlitaskers; Some Facts about Vitamins and Supplements; Vitamin and Nutrition Myths; The Role of Vitamins

### TOPIC 10:

Vitamins E – Fallen Hero, Vitamin D – Rising Star; B Vitamin Basics; Some Facts about Vitamins and Supplements; The Role of Vitamins

### TOPIC 11:

The Major Minerals; The Highs and Lows of Sodium and Potassium; Iron, Zinc, Selenium – Balance is Everything

TOPIC 12:

Why We Eat What We Do; Sources of Nutrition Fact and Fiction

TOPIC 13:

Hydration – You Are What You Drink; Hydration for an Active Life; Myths about Water and Hydration

TOPIC 14:

Facts on Fiber; Protein – An Indispensable Nutrient

TOPIC 15:

Metabolic Syndrome and Type 2 Diabetes

TOPIC 16:

A Look at Herbal Therapy; Organic or Conventional – Your Choice

TOPIC 17:

Food Safety – It's in Your Hands; Demystifying Food Labels

TOPIC 18:

The Future of Nutrition – Science and Trends; Nutritional Facts and FAQs; Nutrition – Choices for a Healthy Life; The Physiology of Nutrition

TOPIC 19:

It's All about the Calories!; The Skinny on Exercise and Weight Loss

TOPIC 20:

Creating Your Own Personal Nutrition Plan; Can You Get Too Much of a Good Thing?

TOPIC 21:

Prebiotics and Probiotics in Your Diet; Probiotics and Our Bacterial Friends; The Fallacy That Natural Is Always Better