# Fall 2022 Group Nutrition Services

## Building a Plant-Rich Diet

A plant-rich diet is a diet that contains more plants! This means fruits, veggies, grains, and protein sources from plants like legumes, nuts, and tofu. A plant-rich diet does not need to be a strictly vegetarian or vegan diet.

Join on campus Registered Dietitian Lindzie O’Reilly to learn about:

* The risks and benefits of a plant-rich diet
* Nutrients of concern and the role of supplements
* Strategies to meet energy needs including meal ideas and time saving strategies

This group will occur **in-person** Wednesday September 7th from 3-4PM in ROZH 107. It will run again **virtually** October 5th from 2:30-3:20PM and November 2nd from 2:30-3:20PM. **Each group is independent** (i.e., this is not a series with three sessions). **No registration or referral is required.**

## Managing low appetite

Join on campus Registered Dietitian Lindzie O’Reilly to learn about:

* Some of the reasons low appetite may occur, including stress, anxiety, depression, medication
* The difference between hunger and appetite
* Strategies to manage low appetite so that it doesn’t further contribute to low mood, low energy, or poor concentration and focus

This group is appropriate for any student experiencing low appetite.

This group will occur **in-person** Wednesday September 14th from 2:30-3:20PM in JTP 1146. It will run again **virtually** October 12th from 2:30-3:20PM and November 9th from 2:30-3:20PM. **Each group is independent** (i.e., this is not a series with three sessions). **No registration or referral is required.**

## Nutrition Management of Poly Cystic Ovary Syndrome (PCOS)

Receiving a diagnosis of PCOS can feel overwhelming and confusing. Often, treatment recommendations for PCOS include advice to lose weight, with little or no guidance around how to manage the symptoms of PCOS.

Join on campus Registered Dietitian Lindzie O’Reilly to learn about:

* What PCOS is and how it affects the body
* How stress factors into PCOS symptoms
* How habits like adopting a weight neutral approach and eating enough protein can decrease PCOS symptoms so you can feel your best

This group is appropriate for anyone with a diagnosis of PCOS.

This group will occur **virtually** Wednesday September 21st from 2:30-3:20PM. It will run **in-person** October 19th from 2:30-3:20PM in JTP 1146. It will run again **virtually** November 16th from 2:30-3:20PM. **Each group is independent** (i.e., this is not a series with three sessions). **No registration or referral is required.**

## Nutrition 101

Join on campus Registered Dietitian Lindzie O'Reilly and the Student Nutrition Awareness Program (SNAP) to learn about.

* The benefits of a regular food routine for physical and mental wellbeing
* Strategies to build balanced meals and snacks, whether cooking for yourself or buying meals on campus
* Strategies to plan regular eating times throughout the day

This group will occur **virtually** Wednesday September 28th from 2:30-3:20PM and Wednesday October 26th from 2:30-3:20PM. It will run **in-person** November 23rd from 2:30-3:20PM in JTP 1146. **Each group is independent** (i.e., this is not a series with three sessions). **No registration or referral is required.**