



## Nutrition 2: Are we what we eat?

### AN ELDER ACADEMY EVENT

**University  
of Victoria**  
Retirees  
Association

We are pleased to offer a second series on nutrition again ably led by Greg Mulligan from the School of Exercise Science, Physical and Health Education. He takes a hands-on approach to helping us eat well and sensibly based on the most recent research and science. In this series he will explore several concepts related to food and human health. From the basics of understanding metabolism and calories, to looking at some of the complex nutrient relationships that contribute to your health. He will discuss the intricate behaviours that drive people to adopt a variety of popular diets and look at some of the strategies to successfully navigate your food journey.

### WHEN, WHERE, HOW MUCH?

**DATES:** Tuesdays, June 1,8,15,22, 2021

**TIME:** 2:00pm to 4.00pm. Entry to meeting starting at 1:45pm for all 4 events

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants, via Eventbrite, two days before **first** session

**COST:** \$20.00 for the four sessions.

**June 1st: “Understanding Human Metabolism: What is a Calorie?”**

**June 8th: “Fads & Facts: What are effective diets?”**

**June 15th: “Farm to Table & Food to Human Cells: Eating to Support Healthful Aging”**

**June 22nd: “Dietary Choices: How Your Food Environment Shapes Your Eating”**

### REGISTRATION AND PAYMENT

Registration, payment and presenters’ bios and abstracts at EventBrite.  
Please click on: <https://www.eventbrite.ca/e/fake-diets-tickets-150361865387>

Students attend free but need to register by emailing  
[UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca) to get Zoom link

Questions? Please email [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)

## **Nutrition 2: Are we what we eat?**

**June 2021 Schedule**

**Tuesdays, June 1,8,15 and 22, 2:00pm – 4:00pm, Zoom**

**Presenter: Greg Mulligan, PhD**



Greg Mulligan has spent the last 17 years teaching human anatomy, physiology, nutrition, and biomechanics for the University of Victoria School of Exercise Science, Physical, and Health Education (EPHE) at the undergraduate and graduate level and for the Faculty of Engineering biomedical engineering (BME) program. He really enjoys exploring the concepts of human anatomy, physiology, and nutrition and looks forward to sharing this journey with the UVRA Elder Academy.

### **Presentation 1 (June 1st): “Understanding Human Metabolism: What is a Calorie?”**

Many of your daily choices can and do influence the number of calories you need to survive and thrive. We will explore human metabolism, what it means, how it is measured and estimated, and if it can be meaningfully altered for better or worse.

### **Presentation 2 (June 8th): “Fads & Facts: What are effective diets?”**

There is no shortage of diets claiming to help you lose weight and better your life, make your hair shine, and all types of promises. We will look at examples of diets that are clearly fads with no substance as well as those that have legitimate scientific evidence supporting their efficacy. When it seems like everyone is a diet expert, you will learn how to spot the frauds and other strategies to help you navigate the world of diets.

### **Presentation 3 (June 15th): “Farm to Table & Food to Human Cells: Eating to Support Healthful Aging”**

Learn how the concepts of a farm-to-table ethos can lead you on a path of healthful aging. We will examine the food choices you can make to facilitate aging with a healthful mind and body and how you can start eating for your future self.

### **Presentation 4 (June 22nd): “Dietary Choices: How Your Food Environment Shapes Your Eating”**

If you've wondered how your surroundings affect your food choices, then this talk is for you! We will look at strategies used by food vendors to sell you products, and we will look at how you can create home and work settings that lead you to making healthy food choices without even thinking about it.