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Diet, Food, Exercise, and Nutrition (D-FEND)

Center for Human Nutrition

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Introduction to Diet, Food, Exercise, and Nutrition (D-FEND) 2.0

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DFEND 2.0

Diet, Food, Exercise, and Nutrition During Social Distancing



July 10, 2020

Session 1

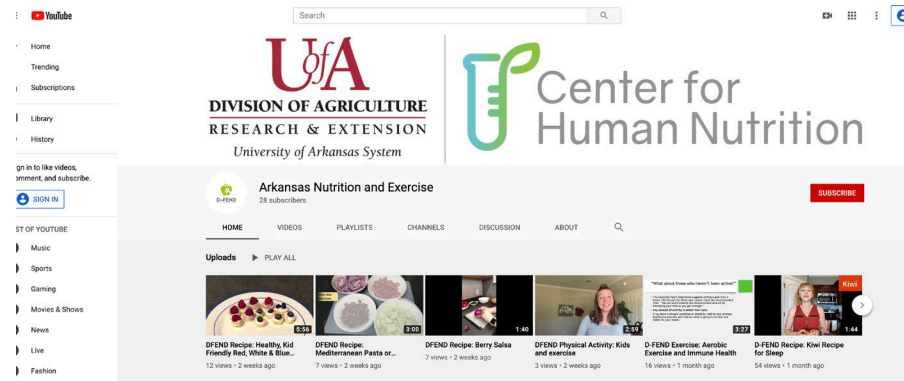
Introduction to DFEND 2.0

Introduction to DFEND

- **DFEND** was launched in May 2020 as a way to provide nutrition, exercise and health info to the community. The **goals** were:
 - To provide an open forum to discuss questions related to diet, food and exercise with scientific experts during times of distancing, and;
 - To provide fast facts in the form of videos and informational fact sheets to help with decisions related to diet, food and exercise during social distancing.
- The project is a **collaboration** between the **Center for Human Nutrition** within the University of Arkansas Systems Division of Agriculture and the **Exercise is Medicine** program at the University of Arkansas.

DFEND

- <https://aaes.uark.edu/centers-and-programs/nutrition/d-fend/>
 - Slides, fast facts, and recipes
- Visit our YouTube channel – **Arkansas Nutrition and Exercise** - for short topic videos, archived Zoom sessions, exercise demonstrations, and cooking demonstrations
 - <https://www.youtube.com/channel/UC1COt-uvHEf5XZhwLswYkXw/featured>



Welcome to DFEND 2.0

- **When:** July 10th – December 18th, 2020
- **Day/Time:** Fridays from 11:30 am – 12:00 pm
- **Zoom Link:** <https://uaex.zoom.us/meeting/register/tJ0uce-grjstG9PF0D4j4iLleT5ObUPrfNiy>
- **Audience:** Everyone is invited!

Welcome to DFEND 2.0

- **Goal:** Understand the functions of diet, food, exercise and nutrition in relation to health and wellbeing to help make healthy choices during social distancing and COVID-19.
- **Learning Objectives**
 - Discuss factors influencing food habits and choices with leading experts in the field
 - Identify the various nutrients, their food sources, and functions to increase your personal nutrition knowledge
 - Locate reliable resources for food and physical activity information
 - Understand basic nutrition principles to incorporate into selecting a healthy eating pattern
 - Discuss the latest science in food and physical activity with the DFEND community

Meet the DFEND Team

Jamie I. Baum, PhD

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What to Expect from DFEND 2.0

- Weekly 30 minutes educational sessions from experts in nutrition, exercise, and health
 - 20 minutes of information
 - 10 minutes for Q & A
- Weekly fast facts
- Continued recipe and exercise demonstrations
- Continued fast facts on hot topics in nutrition, health, and exercise
- If you miss a session, it will be posted on our YouTube channel

Something New for DFEND 2.0

- **Pre and post** nutrition and exercise **assessment** through Exercise is Medicine.
- There will be a link provided in the next 1-2 weeks along with the registration information.
 - Pending IRB approval.
- The assessment will take 10-20 minutes.

Schedule of Topics

Scheduled to change based on speaker availability and topic requests

Date (Fridays)	Topic	Presenter
July 10	Introduction to DFEND 2.0	Baum
July 17	Basics of Nutrition	Baum
July 24	Healthy Eating Patterns	Baum
July 31	Introduction to Exercise is Medicine	Howie
August 7	Incorporating physical activity in your daily life	Howie
August 14	Nutrition, Health, and Wellbeing	Baum
August 21	The Importance of Hydration	McDermott
August 28	Appetite versus Hunger	Baum
September 4	Intermittent Fasting and Time Restricted Feeding	Baum
September 11	Food Systems and COVID-19	Baum
September 18	Carbohydrates & Dietary Fat	Baum
September 25	The Science of Dietary Fat	Borsheim
October 2	The Microbiome, Prebiotics, and Probiotics	Baum
October 9	The Science of Protein	Baum
October 16	High Protein Diets	Hudson
October 23	Latest Science on Physical Activity	Howie
October 30	Nutrition, Exercise, and Mental Health	tbd
November 6	Health Benefits of Berries	Howard
November 13	Diet and Exercise: What to Eat and When	Howie
November 20	Vegetarian and Vegan Eating Patterns	Baum
November 27	No Class	-
December 4	Diet and Successful Aging	Baum
December 11	Holidays and Healthy Choices	tbd
December 18	Thank you and Recap of D-FEND 2.0	Baum/Howie

Thank you!!!!

- We are looking forward to continue working with the DFEND community.
- <https://aaes.uark.edu/centers-and-programs/nutrition/d-fend/>