Journal Club Presentation

Topic: The Power of Small Changes in Your Daily Routine: Easy Healthy Swaps for a Better Life (Self Management Dietary Changes)

Presenter: Gunjan Sooden

Date & Time: 06-09-23, 9:45 A.M.

Participants: 16

The Journal club presentation on 6th October 2023, was given by Gunjan Sooden on the topic **The Power of Small Changes in Your Daily Routine: Easy Healthy Swaps for a Better Life (Self Management Dietary Changes).**

Nutrition Informatics (NI) describes the intersection of nutrition, information, and technology, and it underlies all areas of dietetics practice. The Focus is on the development of standards, processes, and technologies for providing nutrition care. Inform data driven, evidence based, human centered design, development, implementation and evaluation of nutrition informatics interventions, programs and policies to enhance good health and well-being of individuals, their families and the communities they live in.

The presentation started with the importance of healthy eating. The highlight of the presentation was to explore the benefits and practical tips for maintaining a balanced diet in our daily routine. With the help of the presentation an emphasis was made to consume a diet that includes a variety of food groups. Examples of nutrient-rich foods from each food group were also given with some practical strategies for making healthier choices, even in challenging situations.

The presentation was followed by a question-and-answer session, where the questions were addressed in regard to the dietary habits and nutritional practices of the participants. Overall, it was a very engaging, enriching and brainstorming session. A discussion was also done on how healthy eating supports overall well-being, including physical, mental, and emotional health.

Conclusion:

The major goal of the presentation was to encourage the audience to make gradual changes toward healthier eating habits. In the presentation certain strategies were shared for the self management of dietary changes.

References:

1. *https://nutritioninformatics.info/focus-areas/*