The win-win of taste & health

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Where have we been in food & nutrition?



The CNN years: 20 years of reporting on food, nutrition and cuisine

CNN Nutrition News 1982-2001





Nutrition News

"What you eat can kill you!"

Diet and Cancer

Diet and Heart Disease

Food Borne Illness

Obesity

Sugar

Processed Foods

Pesticides

Chemical residues



Nutrition News

"What you eat can **cure** you!"

Protein

Fiber

Organic

Antioxidants

Probiotics

Nutrient Density

Plant Based

Remember Red Wine & Oatmeal?





Simple
Nutrition
Advice Often
Just Simply
Wrong

Shop the perimeter of the store

Avoid dining out and cook at home

Processed foods are bad

Sugar is a toxin

Carbs are fattening

Vegan is the healthiest way to eat

Intermittent Fasting is a new idea!







Food Trends Today

Nutrition trends today







Which food is the healthier choice?

Which food is the healthier choice?

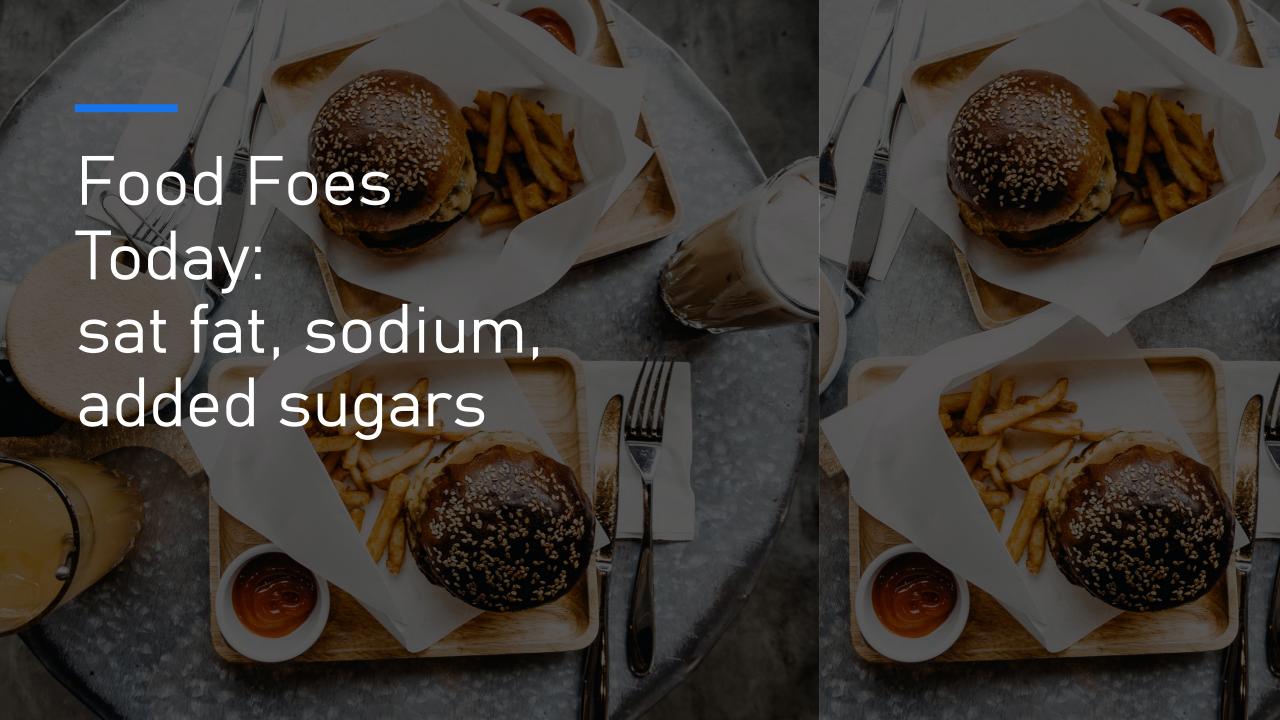




It's the company it keeps.















Taste & Health Collaborations

Chefs & Dietititans

Nutrition & Culinary

"What is the one key takeaway you hope our audience of chefs and dietitians will implement in their work after this session?"



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JOY!!! The WIN-WIN of Taste & Health





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Watch What You Eat

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THANK YOU!!!!!

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