

Hot Health and Nutrition Topics for Men and Women

Presented by Julie Garden-Robinson, Ph.D., R.D., L.R.D.
Food and Nutrition Specialist – NDSU Extension

Thank you for participating in the session. Here are the 5 steps to take:

1. Please listen to the recording. It has two parts.
2. Part 2. To play the online Bingo game, please copy/paste or click on this link, click on “generate card” and mark your virtual “card.”

<https://bingobaker.com#167927d8b056e36f>

3. After participating in the session, please take **one** of these surveys. Thank you in advance for participation. We need this information for grant reports, so your participation is appreciated.

Women: https://ndstate.co1.qualtrics.com/jfe/form/SV_bmjTcArXHkQBxf

Men: https://ndstate.co1.qualtrics.com/jfe/form/SV_5ulc1eUfaCPSqQR

4. Click or copy/paste this link to enter our **prize drawing**. The form asks for your name/address so the prize can be shipped to you in case you win! Good luck!

https://docs.google.com/forms/d/e/1FAIpQLSdOVhPOci3RBYil84YdFv8XnXdN-EvMqZWb6vLeXOovRBbvHA/viewform?usp=sf_link

5. Visit these links for more information (copy/paste or click):

Healthwise for Women: <https://www.ag.ndsu.edu/healthwiseforwomen>

Healthwise for Guys: <https://www.ag.ndsu.edu/healthwiseforguys>

Nutrition label handout: <https://www.ag.ndsu.edu/publications/food-nutrition/questions-and-answers-about-the-updated-nutrition-facts-label/fn1994.pdf>