

Therapeutic Effects of Functional Foods on Cardio-Metabolic Health Risks in Adults

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Friday, Mar. 14th, 12:15-1:15

OSU Center for Health Sciences

Room D107, 1111 West 17th Street, Tulsa

Light lunch provided. View in Stillwater at ITLE.

At the conclusion of this seminar participants will be able to:

- Understand how different bioactive compounds in functional foods influence risk factors of cardiovascular disease (CVD) in adults.
- Describe how green tea and berries modulate cardio-metabolic risks in clinical studies of the metabolic syndrome.
- Consider the implications of these findings in the recommendations of medical nutrition therapy for diabetes and CVD.



Seminar Series co-sponsored by

Center for Family Resilience, OSU-Tulsa
Center for Health Sciences, OSU

Questions? Contact Dr. Harrist, amanda.harrist@okstate.edu.