

# Eat Smart, Live Well, Maintain a Healthy Weight

*Presented by:*

Kristi Von Ruden, RD, LD and Courtney Eby, RD, LD  
Northfield Hospital Medical Nutrition Therapy Services

**Four Tuesdays in November**

**6:30 p.m. – 7:30 p.m.**

**Northern Lights Café at Northfield Hospital**

## Tuesday, November 3

### Portion Sizes & Label Reading

Nutrition Facts	
Serving Size 1 (100g) (143/35/500)	
Amount Per Serving	% Daily Value*
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 700mg	14%
Total Carbohydrate 20g	4%
Dietary Fiber 3g	12%
Sugars 0g	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 0%
Thiamin 0%	Riboflavin 2%
Niacin 0%	Vitamin B <sub>6</sub> 10%
Folate 0%	Phosphorus 0%
Zinc 2%	Magnesium 0%

\*Percent Daily Values are based on a diet of other people's secrets.

What's one serving of fruit juice? Cooked pasta?  
Cheddar cheese? Raw veggies? Ice cream?  
Learn how to size up healthful servings of food  
and how to use the nutrition facts label.

## Tuesday, November 10

### Fats



Not all fats are created equal. Find out about  
the different types of fat and the food sources  
and benefits of healthy fats.

## Tuesday, November 17

### Fiber and Sugar



Need a fiber boost? Discover the benefits and food  
sources of fiber. Then it is a close look at sugar,  
high fructose corn syrup and artificial sweeteners.

## Tuesday, November 24

### Emotional Eating, Stress Hormones, Restaurant Eating, & the Holidays



Establish strategies to manage emotional eating  
and balance stress hormones. Take away tips  
for healthy holiday eating as well as how to  
make healthy choices when eating out.

**Series Fee:** \$40.00 (\$20.00 for Northfield Hospital & Clinics staff).

**Credit:** 1 CEU per session is available at no additional cost.

**Registration:** Contact Nancy at 507-646-1035 or [moen@northfieldhospital.org](mailto:moen@northfieldhospital.org).