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

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.**