

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 February

6:30 p.m. – 7:30 p.m.

Northern Lights Café at Northfield Hospital

Tuesday, February 2

Portion Sizes &
Label Reading

Nutrition Facts	
Serving Size 1 (100g) (140/35/500)	
Amount Per Serving	
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	
Protein 0g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 0%
Thiamin 0%	Riboflavin 2%
Niacin 0%	Vitamin B ₆ 10%
Folate 0%	Phosphorus 0%
Zinc 2%	Magnesium 0%

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, February 9

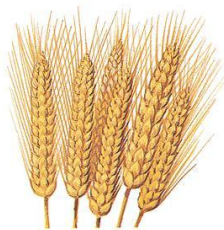
Fats



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

Tuesday, February 16

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, February 23

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.