

provided by: **UWHealth**

University of Wisconsin
Hospital and Clinics




EATING TO PREVENT T2 DIABETES

PRESENTED BY:
MARY LAMON-SMITH MS, RD, CDE

Come to learn about "Smart Carbs" and eating strategies to help prevent being diagnosed with this increasingly common disease. Do you have a family history of diabetes, struggle with high stress or have a friend or family member with diabetes? This class is for you!

What's a flexitarian...and how can I become one?

PRESENTED BY:
MARCY BRAUN MS, RD



The 2010 Dietary Guidelines for Americans urge Americans to eat a plant-based diet. With emphasis on fruits, vegetables, grains, legumes and nuts, this way of eating increases fiber, vitamins and phytochemicals and decreases health risk. Does this mean you have to become a vegetarian? No, but if you want to learn how to go meatless a few days a week, let's talk!

COMMONLY ASKED QUESTIONS ABOUT **Food & Nutrition**

PRESENTED BY: LIZ FREITICK RD, MA

Do you wonder whether you should be taking vitamin supplements? Is eating more "good" fats necessary for your health? Is wine good for preventing heart disease? What are the benefits of Greek yogurt? Or, what are some of the healthiest foods you can be eating? This class will the answers to these (and many more) frequently asked questions about food and nutrition.



Ready, Set **BREAKFAST**

PRESENTED BY: AMY MIHM MS, RD, LAT

Breakfast is your first opportunity of the day to fuel your body, rev up your metabolism and start burning calories. Let's explore which foods are the "best picks" to manage your hunger and promote your health.

WEST

JANUARY Nutrition *Counseling Classes*

TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24	TUESDAY 31
5:30pm Eating to Prevent T2 Diabetes	5:30pm What's a flexitarian ...and how can I become one?	5:30pm FAQ's About Nutrition	5:30pm Ready, Set, Breakfast!	5:30pm NO CLASS

FEBRUARY Nutrition *Counseling Classes*

TUESDAY 7	TUESDAY 14	TUESDAY 21	TUESDAY 28	
5:30pm Eating to Prevent T2 Diabetes	5:30pm What's a flexitarian ...and how can I become one?	5:30pm FAQ's About Nutrition	5:30pm Ready, Set, Breakfast!	

MARCH Nutrition *Counseling Classes*

TUESDAY 6	TUESDAY 13	TUESDAY 20	TUESDAY 27	
5:30pm Eating to Prevent T2 Diabetes	5:30pm What's a flexitarian ...and how can I become one?	5:30pm FAQ's About Nutrition	5:30pm Ready, Set, Breakfast!	

APRIL Nutrition *Counseling Classes*

TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24	
5:30pm Eating to Prevent T2 Diabetes	5:30pm What's a flexitarian ...and how can I become one?	5:30pm FAQ's About Nutrition	5:30pm Ready, Set, Breakfast!	