



Smart Shopping: *Navigating Your Way to Good Health*

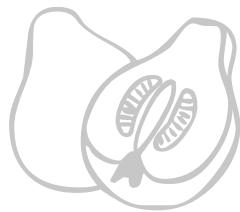
PRESENTED BY:
CAROL SARGENT MS, RD, CDE

Good nutrition starts with smart choices in the grocery store. Learn expert tips on how to interpret food labels, sift through the maze of health claims and choose products to meet your nutrition goals. This interactive discussion will give you the hands-on practice you need to become a confident and savvy shopper.

Finding the Whole Grains

PRESENTED BY:
AMY MIHM MS, RD, LAT

As evidence continues to mount in support of whole grains, only 25% of people are eating one, let alone all three servings of recommended whole grain servings each day. It is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. We'll discuss tips to find these power packed foods in the grocery store, explore recipes, and learn simple ways to add the whole grain advantage to your day!



Getting to Know My Pyramid

PRESENTED BY: KAREN KRITSCH, PHD, RD

MyPyramid.gov is a completely FREE online nutrition guide. No fad diets, no gimmicks, just pure evidence-based nutrition. If you've ever wanted an easy, do-it-yourself guide to eating healthy and meeting your body's basic nutritional needs, this class will teach you how to use the internet's most comprehensive resource.

Become **Nutrition Savvy**

PRESENTED BY:
AMY CAULUM MS, RD, CD

Are you overwhelmed with all the nutrition information the media, fitness industry, and food manufacturers market? Learn fun ways to stay on top of nutrition trends, like rating foods with the NuVal score, and how to spot super foods you can add to your everyday eating.

WEST

MAY Nutrition *Counseling Classes*

TUESDAY 5/3	TUESDAY 5/10	TUESDAY 5/17	TUESDAY 5/24	TUESDAY 5/31
5:30pm Finding the Whole Grains	5:30pm Getting to Know My Pyramid	5:30pm Become Nutrition Savvy	5:30pm Smart Shopping: Navigating Your Way to Good Health	NO CLASS

JUNE Nutrition *Counseling Classes*

TUESDAY 6/7	TUESDAY 6/14	TUESDAY 6/21	TUESDAY 6/28	
5:30pm Become Nutrition Savvy	5:30pm Getting to Know My Pyramid	5:30pm Finding the Whole Grains	5:30pm Smart Shopping: Navigating Your Way to Good Health	

JULY Nutrition *Counseling Classes*

TUESDAY 7/5	TUESDAY 7/12	TUESDAY 7/19	TUESDAY 7/26	
5:30pm Become Nutrition Savvy	5:30pm Getting to Know My Pyramid	5:30pm Finding the Whole Grains	5:30pm Smart Shopping: Navigating Your Way to Good Health	

AUGUST Nutrition *Counseling Classes*

TUESDAY 8/2	TUESDAY 8/9	TUESDAY 8/16	TUESDAY 8/23	TUESDAY 8/30
5:30pm Become Nutrition Savvy	5:30pm Getting to Know My Pyramid	5:30pm Finding the Whole Grains	5:30pm Smart Shopping: Navigating Your Way to Good Health	NO CLASS Optional For A Make Up Class