

# nutrition for you®

A RECIPE FOR HEALTH

PRESENTED BY: **THRIFTY FOODS™**

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### HEALTHY EATING SEMINAR

Confused by what type of carbohydrate foods to eat or how to choose healthy fats? What about antioxidants and the Glycemic Index? This seminar will provide you with easy ways to improve your diet, manage your weight, boost your energy level, and help prevent or manage chronic diseases.

Based on the latest scientific research, learn how to sort out fact from fallacy and make healthy eating a way of life. Discover how simple and stress-free healthy can be!

**Contact your local community recreation centre to register for seminars and tours and to confirm dates, times, and locations, which are subject to change. There is a small administrative fee.**

**All sessions are designed and delivered by leading edge dietitians and nutritionists.**

**Learn to eat right at any age and on any budget.**

Check out the Nutrition seminars in YOUR neighbourhood and sign up **TODAY!**

**ENTER** for your chance to **WIN** a **FREE Smile Card** to go with it!

Space is limited so act now!

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### GROCERY STORE TOUR

Thrifty Foods nutritional shopping tour translates nutritional information into practice. As you tour the aisles of the store, you will learn to read food labels and ingredient lists, make healthier choices from yogurts to oils to breads, and much more.

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### SCHOOL SEMINAR

Attention Teachers: Book a seminar for your middle or high school class! Contact your local community recreation centre to schedule a session in your classroom. Your students will learn how to eat smart, eat to win, and how to make the best whole food choices, wherever they are.

