



Survivorship: Eating for Health Series

Four-Part Nutrition Series with Nancy Birang, BS, MT (ASCP), NC



Tuesdays, January 8, 15, 22 and 29, 2019

6:30 p.m. – 8:30 p.m.

2505 Samaritan Dr., Building 400, Suite 402, San Jose, CA 95124

January 8 – Part 1: Eating for Health

Learn what Booster foods are and how to integrate them into your daily life. Also look at nutrition heroes, the four levels of eating, and practical tips to avoid dehydration.

January 15 – Part 2: Lean Protein and Clean Fats

Explore healthy and clean protein sources in your diet. Learn the major roles of protein and fats, how to cook them, which ones are healthy, and which ones we should try to avoid.

January 22 – Part 3: Colorful, Complex Carbohydrates

Learn about complex and simple carbohydrates, practical tips for blood sugar regulation, and important information regarding vitamins and minerals.

January 29 – Part 4: Sustainable Nutrition

Explore organic foods and talk about the Clean Fifteen and the Dirty Dozen.

Space is limited and advanced registration is required. Please register by calling Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.