



Survivorship: Eating For Health

Four-Part Nutrition Series

Nancy Birang, BS, MT (ASCP), NC

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

6:30 p.m. – 8:30 p.m.

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

January 10 – 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 17 – 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 24 – 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 31 – Part 4: Sustainable Nutrition

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

To register, please call Cancer CAREpoint at: 408) 402-6611 or email: info@cancercarepoint.org.