



MARCH IS National Nutrition Month

Work-Life Wellness and TSU's Dietetics Program
presents

"Bite into a Healthy Lifestyle"

March 12 _ 12 -1pm

The Food Labels are Talking to us: Are we Listening?

- Making Trail Mix Snack Packs

March 26 _ 12 -1pm

Get the Skinny on Fats

- Reduce the fat not the flavor

March 31 _ 12 -1pm

Experience the Flavor, Reduce the Sodium

- Modify the sodium of your favorite meal/dish

Location: C. S. Lane

Rm: 122

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