#  LOYOLA UNIVERSITY CHICAGO • HEALTH SCIENCES DIVISION

Join Us for the Loyola HSD 2019 Nutrition Expo!

**Learn about nutrition resources for you and your patients**

***Presented by the Loyola Dietetic Interns and Stritch School of Medicine Students***

**Date:** Wednesday, April 10, 2019 **Location:** SSOM Atrium *(2nd floor)* **Time:** 10:30am – 2:00pm

**National Nutrition Month® 2019**

**National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics.**

**The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.**

**Who: Everyone!** Students, Staff, and Faculty

**Expo Highlights:**

* Cooking demos (and samples!)
* Community resources (CEDA WIC)
* Mediterranean eating pattern
* Dietary Guidelines for Americans
* Medical Nutrition Therapy
* The role of the Registered Dietitian in patient care
* Nutrition support
* Nutrition in public health
* Food access and local community gardens
* The Veggie Rx program

# LUHS Nutrition Handbook –

**Free** to interested individuals; limited availability

**For more information, contact:**

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