

## May 2012 Mount Pearl Nutrition Events

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| Nutrition Label Reading Tour<br>Confused about food labels? Tour the store and learn what's inside packaged foods.<br><b>Monday, May 14, 12 noon – 1:30 pm</b>   | Free |
| What to do with...Quinoa (Keen – wah)!<br>Find out how to add this ancient grain to your everyday cooking!<br><b>Monday, May 14, 6 pm – 7 pm</b>                 | Free |
| Controlling Your Blood Sugars<br>Learn how to control your blood sugars, read nutrition labels and stay healthy.<br><b>Friday, May 25, 1 pm – 2:30 pm</b>        | Free |
| Take Charge of Your Cholesterol<br>Learn how food choices and other lifestyle changes can improve your heart health.<br><b>Monday, May 28, 12 noon – 1:30 pm</b> | Free |
| Rushing for Supper Ideas?<br>Take a quick tour with our dietitian and get 5 supper ideas that can be on the table fast!<br><b>Monday, May 28, 6 pm – 7 pm</b>    | Free |

To register, call Dietitian Susan Rideout at 738-6997  
or e-mail [susan.rideout@sobeys.com](mailto:susan.rideout@sobeys.com)