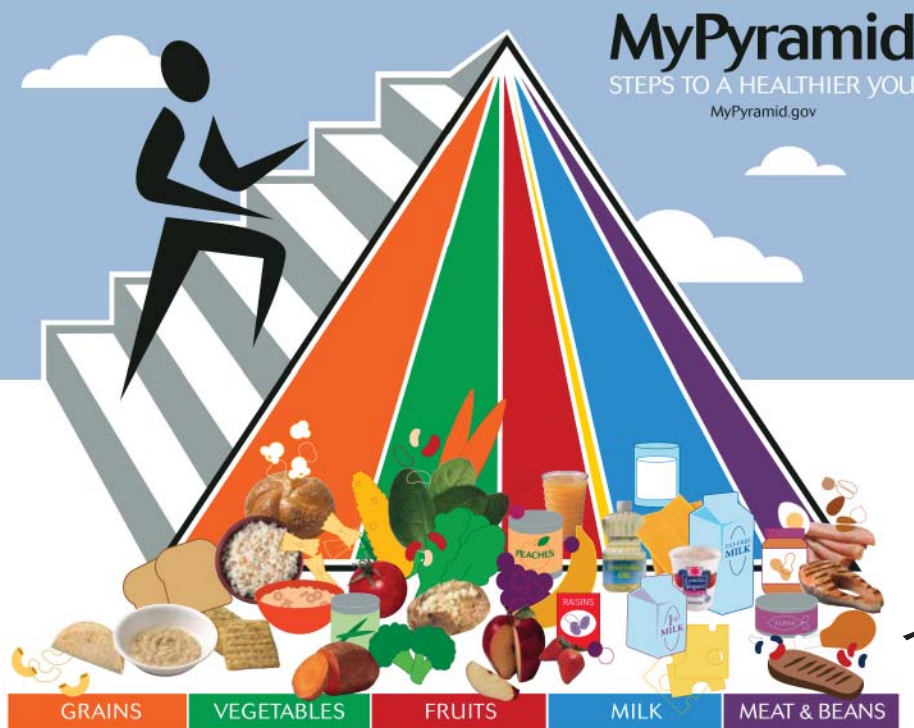


NUTRITION 101



**Monday,
March 22
12:30-2:00 pm**

Nutrition information can be read anywhere. You can't pick up a magazine or surf the internet without seeing some kind of information about how to eat better or lose weight. Unfortunately, not all the information out there is consistent or accurate. Is all that information getting you confused? In this presentation, topics such as the basic nutrients, portion sizes, and explanation of the food guide pyramid will be discussed. This is a great way to get started on your healthy eating habits and learn the basics of nutrition.



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