

COUNCIL ON AGING WORKSHOP
HOW TO BUILD AND EAT A BALANCED DIET WORKSHOP
(FOR BETTER HEALTH AND WEIGHT LOSS)



April 28, 2021

At 10:00 am on ZOOM

Do you struggle with what to eat and how much you need to be eating? The foods you eat have big effects on your health and quality of life. Although eating healthy can be fairly simple, the rise in popular “diets” and dieting trends has caused confusion.

Research suggests that when you eat a variety of the above food groups it creates a healthy eating pattern, and that can lower your risk of cardiovascular disease, type 2 diabetes, obesity, certain types of cancer, and maybe even ward off cognitive disorders

An eating plan that helps manage your weight includes a variety of healthy foods. Add an array of colors to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients. In this class we will emphasize on:

- fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Please rsvp or if you have any questions please contact Mary Marshall at headtofitness10@yahoo.com or call 617 625-6600 ext. 2316