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PATIENT & CAREGIVER EDUCATION

# An Introduction to Plant-Based Diets

Are you curious about plant-based diets? Eating plant-based doesn't mean that you have to be 100% vegan, avoid milk in your coffee, or never eat meat. Eating plant-based allows you to eat and enjoy fresh vegetables, fruits, grains, spices and herbs, and other healthful and tasty foods. We'll offer tips on how you can include more plant-based foods into your meals.

The first part of the program will be an engaging lecture on plant-based diets with Clinical Dietitian Nutritionists, Andrea Schaeffer and Heidi Pinsky. During the second part of the program, we will have two talks taking place at the same time. You will have the option of selecting one of the following topics:

## Topic 1:

Clinical Dietitian Nutritionist Laura Kelly will discuss non-animal based protein sources including meat-like alternatives as well as beans, nuts, and seeds. She will review products, servings sizes, and provide comparisons of the nutritional impact of these foods.

## Topic 2:

Executive Chef Timothy Gee will demonstrate the preparation of an original whole-foods plant-based recipe, 'Farro and Fall Vegetable Stuffed Red Peppers.' Clinical Dietitian Nutritionist Cara Anselmo will speak to the nutritional value of this meal.

There will be time to ask questions at the end of the program.

This event is open to everyone.