



## PATIENT & CAREGIVER EDUCATION

# Your Nutrition During the Pandemic

This webinar will discuss topics about nutrition in the context of the COVID-19 pandemic and include:

- Staying safe when shopping, ordering, and preparing food
- Supporting your immune system with diet and lifestyle
- Concerns with taking vitamin, mineral, herbal, and other supplements
- Managing pandemic-related changes in weight
- Diet recommendations during and after COVID-19 illness
- Eating well on a budget
- Sharing resources for cooking, meal planning, and obtaining food during food insecurity

### About the speaker:

Cara Anselmo, MS, RD, CDN, CSOWM, is the outpatient nutritionist at the Evelyn H Lauder Breast Center. She has been with MSK since 2007. Cara is committed to helping patients nourish themselves thoughtfully — with a practical understanding

of nutrition science as well as with pleasure. Cara earned her MS in Clinical Nutrition from New York University and her BA in English from Brown University. Cara is also a certified yoga teacher. In her time away from work, she enjoys running, reading, and relaxing with her shelter dog.