“FOOD IS MEDICINE” VIRTUAL SERIES

WHAT IS "FOOD IS MEDICINE?"

Food does much more than simply provide you with fuel --- it may promote or worsen health. A nutrient-dense diet of whole foods has been shown to prevent many chronic diseases and may help treat some conditions, such as Type 2 diabetes and hypertension. In this “Food is Medicine” virtual series, registered dietitian Melissa Brillhart will explain the impact food has on specific chronic diseases and how to adjust your choices to have a positive impact on your health and well-being.

SERIES TOPICS

FOOD & HYPERTENSION

According to the CDC, only about 1 in 4 adults with hypertension have their condition under control. What if we told you that there is an eating plan that can lower your blood pressure by almost 14 points? Food choices can have such a huge impact on the heart and how you feel. You will learn how to eat healthy in a DASH and enjoy delicious foods on the journey.

Date & Time: Thursday, September 2nd 12:00pm  Join here!
Join the Food & Hypertension Live Cooking Demo!

Date & Time: Thursday, October 7th at 12:00 pm  Join here!

FOOD & DIABETES

Can I ever have sweets? Do I have to give up carbohydrates all together? There are many misconceptions when it comes to eating healthy to manage diabetes. We will discuss how you can still enjoy food that you love but also take care of your body. It is possible to manage diabetes without feeling deprived!

Date & Time: Thursday, November 4th 12:00pm  Join here!
Join the Food & Diabetes Live Cooking Demo!

Date & Time: Thursday, December 2nd at 12:00pm  Join here!

For more information and resources visit:
https://www.westga.edu/academics/education/wolf-wellness-lab/index.php