

GrapeVine Unit

Change Your Diet Mindset: The Basics of a Health Eating Pattern

FREE

We all know that we should eat well, but what does that really mean? With a focus on long-term solutions instead of short-term diets, learn about the basics of a healthy eating pattern.

The session will cover:

- How what we eat impacts our health
- Healthy eating patterns
- Portion control
- Reading food labels
- Science-based nutrition advice and helpful tools

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation