



NutriPledge

"MyPlate to YourPlate" Workshop

Learn with us today on how eating right and exercise can optimize your health & wellness, and productivity!

Introduction: "MyPlate to Your Plate" is an introductory food and nutrition workshop designed for adults 18 years or older. This workshop teaches the relationship among food intake, nutrition, and wellbeing. This workshop introduces the nation's food and nutrition policies and programs with a little zest of Ayurveda (world's oldest holistic healing system) to help you make healthy food choices in conscious way. This would be an inexpensive way of learning from a licensed professional on how eating right with some physical activity can prevent from unintentional weight gain, chronic health conditions like diabetes, heart disease, thyroid disease, cancer and much more.

Learning Objectives: Participants will learn

- ✓ Relationship among food intake, nutrition and wellbeing.
- ✓ Root causes of developing nutrition related health conditions like obesity, diabetes, thyroid disease, heart disease, cancer and more.
- ✓ Nutrients and physical activity that play a significant role in these life-threatening health conditions.
- ✓ Nation's food and nutrition policies to help prevent/manage chronic health conditions.
- ✓ "MyPlate", Dietary guidelines for Americans, and Dietary Reference Intake (DRI).
- ✓ How to apply nutrition basics and guidelines from "MyPlate" to "YourPlate".
- ✓ How personalized Medical Nutrition Therapy can help prevent/manage chronic health conditions.

Participant's Perks: Participants will receive

- ✓ 20% discount coupon for our general healthy and carb consistent seasonal menu with corresponding grocery list, therapeutic recipes and nutritionals. Our recipes are modified to follow Ayurvedic food combining principles.
- ✓ 20% discount coupon for personalized Medical Nutrition Therapy (MNT) plan.

