



# Nutrition Classes

All our nutrition classes are FREE and you do not need a referral from your doctor. Join us and take charge of your health. We'd love to see you.

## Healthy Eating 101

Are you interested in incorporating healthy eating into your life, but don't know where to start? In this class, you'll learn about effective healthy eating strategies for general health and for a variety of health conditions - from diabetes to weight management to high cholesterol. You will finish the class by setting a lifestyle goal that is relevant to you. Get the full picture from a registered dietitian who'll cover the following topics in this engaging introductory class:

- Balanced meals and appropriate portion sizes
- Meal and snack patterning
- Fibre
- Sugar and sodium
- Hunger and fullness signals
- Planning, purchasing, preparing and packing healthy meals
- SMART goal setting

**Prerequisite:** None  
**Class length:** 2 Hours

## Craving Change™

This series is a how-to guide for changing your relationship with food: understand why you eat the way you do, learn how to comfort yourself without food and change your eating by changing your thinking. Join a dietitian and mental health clinician in exploring emotional eating.

**Prerequisite:** None  
**Class length:** 2-hour classes, 4 weekly sessions

## Cooking with Beans

Are you curious what all the fuss about eating more beans is? Would you like to add another simple recipe to your cooking repertoire? Come learn about the benefits of eating beans and watch as a dietitian prepares a healthy recipe for you to taste. Take home recipes on cooking with beans, peas and lentils.

*Allergen Alert! Recipe being prepared contains eggs and a small amount of dairy.*

**Prerequisite:** Healthy Eating 101  
**Class length:** 90 Minutes

*\*Space is limited.*

## Cooking for One

Do you live alone and struggle to cook for yourself? Maybe the motivation just isn't there or you wonder what to do with all those leftovers! This class explores how to make cooking and eating alone more enjoyable and practical, and connects you with resources to help make the task easier.

**Prerequisite:** Healthy Eating 101  
**Class length:** 75 Minutes

## Eating Well the Mediterranean Way

Skip the fads... try the Mediterranean way! Research has shown that following a Mediterranean eating plan reduces the risk of chronic diseases including heart disease, diabetes, high blood pressure, some cancers, mental health concerns and obesity. This style of eating includes foods rich in healthy fats, vitamins, minerals, fibre and other healthy plants. It's also lower in saturated fats, red and processed meats, refined grains and sugar.

Come learn what this style of eating is all about and find out how you can eat like you're in the Mediterranean!

**Prerequisite:** Healthy Eating 101  
**Class length:** 1 Hour

## Healthy Meal Planning

Have you ever tried planning a week's worth of food? Does it seem overwhelming? Believe it or not, meal planning in advance can help you save time in your busy week. Come learn the skills to break meal planning down into simple steps. A dietitian will help you consider what you need to get started, and how to work around your work schedule and family commitments.

*\*Please bring a cookbook to help you with your healthy meal planning. If you don't have a favorite cookbook, bring a few of your favorite meal recipes.*

**Prerequisite:** Healthy Eating 101  
**Class length:** 90 Minutes

## Label Reading

Do you find it confusing to read nutrition labels? This class will teach you how to decode nutrition labels so you can choose that healthy tomato sauce, loaf of bread or breakfast cereal next time you go to the grocery store! Learn what parts of the label may be most important to you based on your health condition.

*\*For this class, please bring 1-2 food labels of things you eat frequently, such as your favourite breakfast cereal, crackers or pasta sauce.*

**Prerequisite:** Healthy Eating 101  
**Class length:** 1 Hour

## Protein & Fibre: Am I getting enough?

Are there benefits to getting enough fibre and protein in your diet? If you are trying to manage your appetite and your weight, there is evidence this can help! This dietitian-led class will help you evaluate your diet and find practical ways to make sure you are 'hitting the mark' for both protein and fibre.

**Prerequisite:** Healthy Eating 101  
**Class length:** 75 Minutes

For class details, dates and times, visit our website at [EOPCN.ca/classes](http://EOPCN.ca/classes).

To register by phone, call our scheduling coordinator at 780-453-3757, Ext. 142.