Current Nutrition Trends and Products: Craze or Credibility?

New Date! Tuesday, April 14 at 7:00pm
Online Registration: March 19

Stefania Medvedik, RD, RN, CDE, CDN, will discuss some of the latest trending topics in nutrition and will review the current research: including the ketogenic diet, intermittent fasting, non-celiac gluten sensitivity, meat vs. plant based, and what it really means to eat in a sustainable way.

Preference given to UFSD #22 residents.
You must use a valid library card to register.