



SAVE THE DATE: November 12th 2013

***A NEW PERSPECTIVE on the MEDITERRANEAN DIET:
STRENGTHS & WEAKNESSES***

Speaker: Jane Elise Kerstetter PhD, RD

Professor in Nutritional Sciences & Allied Health, University of Connecticut

2 CEU offered

This seminar will present a basic summary of the Italian Mediterranean diet: definitions, culture, history, food patterns, health benefits and consequences. We will emphasize the cultural difference in the food consumed by Italians and Americans and these relate to the health differences between the 2 countries. We will examine the production and processing of Italy's most unique foods, their consumption and potential health benefits. Strengths and weaknesses of the Mediterranean Diet will be presented.

Objectives:

1. Define the basic characteristics of the Italian Mediterranean diet and how they differ from the US diet.
2. Identify the strengths and weaknesses of the Mediterranean style of eating.
3. Summarize the scientific research addressing the cardiovascular benefits of the Mediterranean diet.
4. Describe the unique foods and nutrients contained in the Mediterranean diet in comparison to the US diet.
5. Identify the deficiencies of the Mediterranean diet (Calcium and Vitamin D) and discuss the most recent research on osteoporosis.

Baystate Medical Education Center, 361 Whitney Ave in Holyoke Massachusetts

5:30PM Registration, 5:45PM Light Dinner served, 6:00PM Speaker Presentation

WAMDA Members: \$14, non members: \$24.

Please **make check out to WAMDA** and send with this form to:

WAMDA c/o Anne Maher, 129 Blackberry Lane, Amherst MA. 01002

To RSVP by phone or email;

Anne 413-687-3671 or amaher2@msn.com

Name _____ phone _____