



SAVE THE DATE: THURSDAY MARCH 27TH, 2014

**NO MEAT, NO PROBLEM
WORKING WITH CLIENTS/PATIENTS WHO ARE, OR WHO
WANT TO BE VEGETARIANS/VEGANS**

2 CEU offered

Speaker: Reed Mangels PhD,RD

Dr. Mangels is a Nutrition Advisor for the **Vegetarian Resource Group** as well as nutrition editor and a regular columnist for the **Vegetarian Journal**. She is a co-author of **The Dietitian's Guide to Vegetarian Diets** and of the American Dietetic Association's 2009 and 2003 position papers on vegetarian diets. Reed has authored several books including **The Everything Guide to Vegetarian Pregnancy and Simply Vegan**.

She is an Adjunct Associate Professor in the Nutrition Department of the University of Massachusetts, Amherst.

Objectives:

- Describe key nutrients for vegetarians throughout the life-cycle and identify acceptable sources of these key nutrients.
- Provide accurate, current information about vegetarian nutrition to clients who are, or are considering following a vegetarian diet.
- Adapt guidelines for planning balanced vegetarian meals for clients with special dietary needs due to chronic diseases such as diabetes or cardiovascular disease.

UMass Amherst Campus Center, 9th floor, rm 904-08

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

WAMDA Members: \$20, Non Members: \$25, Students \$10

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 _____