

The Diebold Family Cancer Center Presents

Let's Get Cooking!

A plant-based cooking workshop
for cancer survivors



Spring into Health

Plant Proteins and Exercise

Tuesday, April 24, 2018

2:30 – 3:30 pm

New Milford Hospital Café

Larissa March, RD, C-DN, Registered Dietitian Nutritionist
Molly Leaden, MS Exercise Physiologist Cardiac Rehabilitation
Kerry Gold, Director Dining Services, Unidine Corporation
Cynthia Tyler, RN, OCN, CBCN, CN-BN, Cancer Navigator

Includes complimentary food and a healthy beverage

Limited to 15 participants | Register by calling 860-210-5302

we know you **well**SM

Campus of Danbury Hospital
**New Milford
Hospital**
Western Connecticut
Health Network

Objectives

Participants will:

1. Understand what plant-based nutrition is: *Minimally processed foods from plants, modest amounts of fish, lean meat and low fat dairy, red meat sparingly*
2. Name the main benefits of plant based proteins: *helps maintain strong immune system, promotes cell growth, repair and maintenance, improves heart health, aids muscle growth*
3. Name some healthy plant based proteins sources: *legumes such as black beans, kidney beans, navy beans, pinto beans, chickpeas, soy beans*
4. Identify some strategies for choosing lean and healthy plant proteins: *Go meatless several times a week. Add raw nuts to salads and snacks, nut butters,*
5. What is the daily recommended protein allowance

An informative food tasting by Kerry Gold, our chef

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April 24, 2018

Please complete this evaluation form. Your feedback is valuable to us!

1. Do you have an understanding of what a plant-based diet is?
5 4 3 2 1
Very Good Fair Poor
2. Do you have an understanding of how to identify plant based proteins?
5 4 3 2 1
Very Good Fair Poor
3. Do you have ideas for incorporating more plant proteins in your diet?
5 4 3 2 1
Very Good Fair Poor
4. What meats are considered healthful?

5. How would you rate the helpfulness of this program?
5 4 3 2 1
Very Good Fair Poor
6. Would you recommend this program to other cancer survivors? YES NO

THANK YOU FOR PARTICIPATING TODAY!