

The Diebold Family Cancer Center Presents

# Let's Get Cooking!

A plant-based cooking workshop  
for cancer survivors



## The Mediterranean Diet

Explore the health benefits of legumes, nuts, grains,  
vegetables, fruits and olive oil

**Wednesday, March 21, 2018**

**6:30–8:00 pm**

**New Milford Hospital Café**

**Michele MacDonnell, RD, C-DN**, Clinical Nutrition Manager

**Kerry Gold**, Director Dining Services, Unidine Corporation

**Maureen Kenny**, Nutmeg Olive Oil Company

**Cynthia Tyler, RN, OCN, CBCN, CN-BN**, Cancer Navigator

*Includes complimentary food and a healthy beverage*

Limited to 20 participants | Register by calling 860-210-5302

# 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. Understand role of overall eating choices in reducing cancer risk
3. Identify healthful oils and foods containing them (EVOO, nuts, avocados)
4. Improved understanding of selecting quality Extra Virgin Olive Oils and Balsamic Vinegars
5. Describe the Mediterranean Diet: a plant-based diet that uses a large and abundant variety of vegetables and fruits. It makes vegetables and fruits the centerpiece of the meal, not just in the proportion but in the way they are seen as a way to enjoy and savor. The diet also has healthy fats and uses legumes abundantly. Meats, especially red meat but even poultry, are eaten in limited amounts.
6. Name the main benefits of the Mediterranean diet
7. Gain ideas for preparing and incorporating foods in the Mediterranean Diet into your nutritional routine

**An informative food tasting by Kerry Gold, our chef**

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**March 21, 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 healthful oils and fats?  
5                      4                      3                      2                      1  
Very Good                      Fair                      Poor
3. Do you have an understanding of the major components of the Mediterranean Diet?  
5                      4                      3                      2                      1  
Very Good                      Fair                      Poor
4. What principles of a varied and plant based diet do you find most helpful?  

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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!**