



FEB 21ST 2018 7-9PM

THE DASH DIET PATTERN

Why Researchers Say It's The Only Diet to Follow

Following the principles of the Mediterranean diet, the DASH way of eating helps achieve and sustain good health, without any gimmicks or the elimination of any food groups. Registered Dietitian Filomena Vernace-Inserra gives us the 101 on the Dash Diet, including what foods are included and how to incorporate them in meal planning, while cookbook author Fina Scroppo dishes out some heart-healthy meals that follow DASH principles. You'll learn to make your own no-salt spice and herb blends while stirring up a sprouted grain pilaf with seasoned winter vegetables and succulent fish fillet.

LONGO'S

**Rutherford @
Weston Rd**

9200 Weston Rd

Vaughan

Community Room

7-9pm

**Register with
Store Customer
Service**

905- 850-6161

\$30 per person

Fina Scroppo

Finascroppo@rogers.com

&

Filomena Vernace-Inserra

dietitian@innerhealth1.ca



The Healthy Italian
COOKING FOR THE LOVE OF FOOD AND FAMILY