



Nutrition Workshop for Grad Student

Wednesday Dec. 9th, 3:30-4:30 pm

ABE 301 Free Snack!



Topics will be covered:

- **Nutritious value of food groups**
- **Healthy snacking**
- **Quick, healthy meal ideas**
- **Making healthy choices in restaurants**
- **Nutrition for exercising**
- **Shopping for food on a budget**