



## Calendar Items

**Date:** March 2, 2010

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## Nutrition Lecture Series Hosted by Scripps Mercy Hospital

Scripps Mercy will host a FREE healthy nutrition lecture series throughout 2010. Following are the dates, times and topics for each lecture.

### **Creating the Perfect Plate for Diabetics**

**Thursday, March 18**

**5:30 p.m.**

**Danielle Lipparelli, RD**

**What:** Learn how to incorporate healthy, portion-correct carbohydrates into your meal plan while achieving the glucose control needed for living with diabetes.

**Where:** Scripps Mercy Hospital  
4077 Fifth Ave.  
San Diego, CA 92103  
Classrooms B and C

**Cost:** FREE

**Contact:** 1-800-SCRIPPS (1-800-727-4777)

### **Heart Healthy Nutrition**

**Thursday, May 20**

**5:30 p.m.**

**Danielle Lipparelli, RD**

**What:** Learn about healthier food selections for the heart while focusing on choices with low cholesterol, saturated fats and salt. Tips on portion control, variety, label-reading and incorporating "super-foods" into your meals will also be discussed.

**Where:** Scripps Mercy Hospital  
4077 Fifth Ave.  
San Diego, CA 92103  
Classrooms B and C

**Cost:** FREE

**Contact:** 1-800-SCRIPPS (1-800-727-4777)

### **Eating for Two: How to Eat During Pregnancy**

**Thursday, July 15**

**5:30 p.m.**

**Danielle Lipparelli, RD**

**What:** It's more than just eating for two. This class teaches about appropriate weight gain, nutrient needs (e.g., calories, protein, vitamins and minerals) and food safety. Helpful tips for managing morning sickness will also be discussed.

**Where:** Scripps Mercy Hospital  
4077 Fifth Ave.  
San Diego, CA 92103  
Classrooms B and C

**Cost:** FREE

**Contact:** 1-800-SCRIPPS (1-800-727-4777)

### **Eating Tips During Cancer Treatment**

**Thursday, September 16**

**5:30 p.m.**

**Danielle Lipparelli, RD**

**What:** Learn how to improve nutritional intake while going through cancer treatment. Advice on managing treatment side effects, information on high-calorie and high-protein foods to strengthen and improve treatment, and healthy snack choices will be discussed.

**Where:** Scripps Mercy Hospital  
4077 Fifth Ave.  
San Diego, CA 92103  
Classrooms B and C

**Cost:** FREE

**Contact:** 1-800-SCRIPPS (1-800-727-4777)

### **Healthy Holiday Eating**

**Thursday, November 18**

**5:30 p.m.**

**Danielle Lipparelli, RD**

**What:** Learn how to make your holidays leaner and healthier by incorporating different recipes, reading food labels and making healthy choices when enjoying holiday parties. Learn how to enjoy the holidays without adding extra holiday pounds!

**Where:** Scripps Mercy Hospital  
4077 Fifth Ave.  
San Diego, CA 92103  
Classrooms B and C

**Cost:** FREE

**Contact:** 1-800-SCRIPPS (1-800-727-4777)

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