

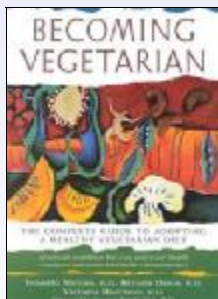


# EATING FOR LIFE: CONSTRUCTING THE OPTIMAL DIET

A PRESENTATION BY

**BRENDA DAVIS, R.D.**

**B**renda Davis, registered dietitian/nutritionist, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant, academic nutrition instructor, and is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. Brenda is



author of five books – the best sellers, *Becoming Vegetarian* and *Becoming Vegan, Dairy-free and Delicious*, *Defeating Diabetes*, and *The New Becoming Vegetarian*.

**T**his presentation discusses the consequences of our food choices to human health, and beyond human health. It addresses current knowledge about diet and disease, and practical ways to modify our diets to minimize disease risk and maximize our protection. Dietary components that pose the greatest threat to health are discussed, and the greatest protectors highlighted. Specific guidelines for health are provided for both.

**SAT., OCT. 22, 7 P.M.**

**MCCOY PAVILION  
ALA MOANA BEACH PARK**

Ms. Davis will give three additional talks in Hawaii:

- Wed., Oct. 19, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku, Maui, “Eating for Life.”
- Thurs., Oct. 20, 7 p.m., Castle Medical Center, Kailua, “Defeating Diabetes.”  
Call Castle at 263-5400 to register (required).
- Fri., Oct. 21, 1 p.m., UH-Manoa, HIG Auditorium (#110), “Exploding Nutritional Myths.”



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**FREE  
Admission**