



**Let's eat**  
for the health of it



# Let's Eat for the Health of It

**Eight Sessions to be Offered  
See Dates Below**

Let's Eat for the Health of It is a curriculum for adults and is based on the latest scientific research about food and physical activity.

Sessions will focus on the MyPlate which helps individuals use the dietary guidelines to make smart choices from every food group, find a balance between food and physical activity, get the most nutrition out of calories, and stay within daily caloric needs. The eight sessions are:

**Be Active Your Way** - May 31

**Make Half Your Plate Fruits & Vegetables** - June 2

**Make Half Your Grains Whole Grains** - June 4

**Dairy: Switch to Skim or 1% Milk** - June 8

**Vary Your Protein Food Choices** - June 9

**Fats, Sugars, & Sodium** - June 11

**Food Safety** - June 22

**Shopping Smart on a Budget** - June 23

The sessions are free to attend and will be online using Microsoft TEAMS. Each session will be offered at 12 noon. Feel free to register for all of the sessions or select the ones that interest you. Deadline to register is one week before the session you plan to attend. Please register using this link: <https://forms.office.com/r/i0qx89CiTM>

Questions call: Cathy Judd at 318-251-5134 or Layne Langley at 225-635-3614



Consistent with the Americans with Disabilities Act (ADA), the LSU AgCenter will make reasonable accommodations to enable persons with disabilities to engage in programs offered. Should you need an ADA accommodation, please contact Layne Langley at 225-635-3614 no later than 1 week before your accommodation is needed. The LSU AgCenter and LSU provide equal opportunities programs and employment.