Questions or Concerns about Nutrition? Ask a Dietitian!

Thursday, February 4, 2016
6:00-7:00PM @ Dudley Cafe

Could changing my diet improve my immune status?
Should I be taking a vitamin D supplement?
How do I get iron as a vegetarian?
Can I get enough calcium without dairy foods?

If you have ever wondered about these or similar questions, come by the Nutrition Table in Dudley Café. Harvard University Health Services (HUHS) Registered Dietitian-Nutritionist Barbara Boothby, MS, RDN, LDN, will be available to answer your questions.

Complimentary dinner buffet vouchers will be given to the first three comers.

Dudley Public Service x Dudley Food Literacy