

2024 Nutrition Month Talks



During March, Leap into Heart Health with virtual nutrition talks offered every Tuesday at 12:30 p.m.

Healthy nutrition supports cardiovascular health by managing your blood pressure, blood glucose and weight.

Real Food Simplified

Presented by Wellness University, learn how eating real food is about cutting out ultra-processed foods, like sugar and fast food, and eating more whole fruits, vegetables, fibrous grains, and protein. It may enhance your overall wellness and support a healthier you.

When: Tue., March 5 at 12:30 p.m.

Where: Virtually [on Teams](#)

Simple Steps to Metabolic Health

Swaranjit Singh Bhasin, MD, will discuss how steps like avoiding seed/vegetable oils, eating less processed carbs and sugars, adding healthy sources of fats, and practicing intermittent fasting may reduce your risk for metabolic diseases and support heart health.

When: Tue., March 12 at 12:30 p.m.

Where: Virtually [on Teams](#)

Plant Strong

Presented by Lifestyle Medicine, learn the science behind how Plant Based, Whole Food nutrition may improve overall health and quality of life.

When: Tue., March 19 at 12:30 p.m.

Where: Virtually [on Teams](#)

Creating a Habit that Sticks

Lifesum will share with us tips and tricks for food tracking and how it can help you stay on top of your wellness goals and support a healthier lifestyle. Using an app to monitor your food intake, may be a useful tool to establish a healthy, sustainable nutrition plan and keep you accountable.

When: Tue., March 26 at 12:30 p.m.

Where: Virtually [on Teams](#)

Questions? Call (916) 525-4820 or email
Employee-Wellness-SSC@kp.org.

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