



Come participate in a discussion  
with our registered dietitians  
about how to create a healthier  
lifestyle.

# Nutrition 101

## HAVE YOU EVER WONDERED?

- What should I eat for my health condition?
- What is the right portion size?
- How do I read a nutrition label?
- How do I plan my meals?
- What should I eat when I go out to restaurants?

CONTACT MARY VITALES, RN  
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COORDINATOR, EAST HI IPA  
808-829-4115

Classes available  
May 15

May 25

from 9-11 am

at

670 Ponahawai St.,  
Suite #117 Hilo, HI



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