



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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FREE One-Time Classes  
**JUNE 12 &  
JUNE 29**  
from 9-11 am  
at  
670 Ponahawai St.,  
Suite #117 Hilo, HI  
96720



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