



BETTER EATING FOR LIFE

- Attend one or all these health-changing classes.
- Alternative & conventional approaches discussed & compared.
- Time available for questions and discussions.
- 2 to 3:30 pm on the 2nd and 4th Saturdays, January through March, 2nd and 3rd Saturdays of April
- \$12 per class for the public; \$10 for Good Foods Owners
- Free **Better Eating for Life** recipe binder at your first class
- Call Customer Service to register today – mark your calendar!

Class Descriptions

Better Eating for Life – Quick Start – January 9, 2010: In this first class, you will discover what's wrong with typical American foods, and why they can't possibly keep a body healthy. Learn about the basics of an eating plan that, when applied, will help you start feeling better, looking better, thinking better, aging better, and controlling or preventing the many typical medical conditions facing our nation. Discover simple food and ingredient substitutions to help you get started on the **Eating Better for Life** plan. Also take home the lesson, **Serve Yourself Right**, plus recipes to start enjoying and benefiting from immediately.

Eat Whole Grains – January 23: You'll learn why and how to incorporate a variety of whole grains into your diet so you can reap their many benefits. Learn about simple solutions to several digestive problems and discover label-reading techniques to help simplify your grocery shopping experiences. Finally, sample whole grains probably new to you, and take home many recipes.

Got Calcium? – February 13: Consuming sufficient calcium can be a challenge. In this class you'll learn how to plan your daily menus and snacks to help reach your goal of more calcium, do some calcium-rich food sampling – plus learn lesser-known steps to help prevent osteoporosis. There are many handouts, including recipes. Take home the lesson, **Dine Defensively**.

Invincible Veggies – February 27: With this food group, we are concerned about eating *more*, rather than less! Learn how to incorporate more veggies into your meals, snacks, and brown bag lunches, sample some probably "new to you" veggies, and learn ways to train your children or grandchildren to eat veggies. Also learn why vegetables are so beneficial – and how certain ones can help slow down the progression of and possibly even prevent the most common cause of blindness, age-related macular degeneration.

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Fabulous Fruit – March 13: Eating more fruit is one of the easiest steps to take for most people. Besides discovering ways to incorporate fruit into your menus, you'll learn how to turn simple fresh and frozen fruit into delectable fruit desserts. Also discover fruit-derived supplements that might benefit you and your family. Sampling plus plenty of recipes included! As an added not-fruit-related-bonus, particularly of interest for those with young children or with allergies/multiple-chemical sensitivity, learn about the benefits of more natural cleaning products and body care products. Also take home the lesson, **Nibble Your Way to Great Nutrition**.

Fit in Fun Foods – March 27: Healthy eating doesn't always mean never eating desserts. Learn about various alternatives to common white sugar and high-fructose corn syrup, and how for some people, they can be used to fulfill their fun food "requirement" without sacrificing health. Learn info about insulin resistance, diabetes, and low blood sugar, and pointers to help prevent or control them. Take home a variety of recipes using alternative sweeteners.

Put Protein in Its Place – April 10: Healthy protein is important, and you'll learn many practical protein facts: calculate your protein needs, look at the wide variety of animal-based and vegetarian protein choices, and learn how to make beans more digestible. You will also sample a quick main dish. Additional recipes provided, as well as the take-home lesson, **Cook Creatively the Better Eating for Life Way**.

Make Friends with Fat – April 17: Since certain fats are vital to good health, learn which fats to eat and which ones to delete – plus discover problems associated with low fat diets. Find out why we need sufficient good fats and how to keep your fat intake healthfully balanced. Pointers will be included on lowering elevated cholesterol and triglycerides. Alternative as well as conventional approaches will be discussed. Food samples included! Many handouts provided, plus the take-home lesson, **Plan to Succeed**.

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