

UC | **University of California**
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Current Issues & Controversies in Nutrition

Featuring Nutrition Experts:

Sheri Zidenberg-Cherr, Ph.D.

Nutrition Science Specialist, UC Cooperative Extension

And

Rachel Scherr, Ph.D.

Associate Director for Program Evaluation, UC Davis Center for Nutrition in Schools

Date: Friday, September 26, 2014

Time: 9:00 a.m. to noon

Location: Scripps Mende Well Being Center, La Jolla
 4305 La Jolla Village Drive, Suite L-5, San Diego, CA 92122



Science-based recommendations for optimal health and issues such as:

- Organic vs. Conventional Produce
- Coconut Water
- Paleo Diet
- Saturated Fats
- High Fructose Corn Syrup
- Gluten
- Omega 3 Fatty Acids
- Sodium
- And...Childhood Obesity Prevention: *The Shaping Healthy Choices Program*, a multicomponent school-based garden enhanced nutrition education program!



Fee: \$10

Register: <https://ucanr.edu/survey/survey.cfm?surveynumber=13482>

Deadline: September 19, 2014

Questions??

Patti Wooten-Swanson, Ph.D.

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