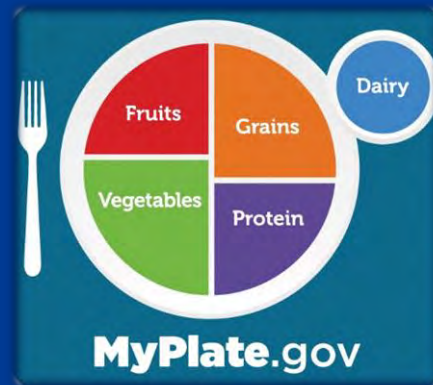


The MyPlate Approach to a Balanced Diet

Date: Wednesday, December 20, 2023
Time: 12–1 pm (Eastern Time)



Are you interested in making changes to your eating choices for the New Year? Join Cristelle Badaoui, MS, to learn about the MyPlate approach to diet and how it can support the creation of balanced, nutritious meals for many different health goals. She will review where the MyPlate approach comes from and the research behind it. She will also provide practical tips and meal examples to get you started at home!



Featured Speaker: Cristelle Badaoui, MS

Cristelle is currently a dietetic intern at Mass General training to become a registered dietitian. She graduated from Suffolk University with a Bachelor's in biology and from Simmons University with a Master's in nutrition. Cristelle is passionate about discussing the role that everyday habits play in disease prevention, weight management, and mental health.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/85924688670>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

