

Survivorship: Eating for Health Series

Three-Part Nutrition Series with Nancy Birang, BS, MT (ASCP), NC



Date: Tuesdays, November 6, 13 and 20, 2019

Time: 6:30–8:30 p.m.

Location: 2505 Samaritan Dr., Building 400, Suite 402, San Jose, CA 95124

November 6 – Part 1: Eating for Health

Learn about healthy eating basics—foods to emphasize and avoid, easy meal plans and recipes with health promoting foods, practical tips to stay hydrated and how to eat healthy over the holidays.

November 13 – Part 2: Lean Protein and Clean Fats

Explore healthy and clean protein sources in your diet. Learn the major roles of protein and fats, how to cook them, which ones are healthy, and which ones we should try to avoid.

November 20 – Part 3: Colorful, Complex Carbohydrates

Learn about complex and simple carbohydrates, practical tips for blood sugar regulation, and important information regarding vitamins and minerals. Explore organic foods and talk about the Clean Fifteen and the Dirty Dozen.

Space is limited and advanced registration is required. Please register by calling Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.



My name is **Nancy Birang** and I am a Board-Certified Nutrition Consultant - I am the founder and owner of Four Seasons Nutrition, an integrative nutrition consulting service. I have the honor and pleasure of working with clients-face to face as well as via telephone and web-based platforms. I specialize in helping people faced with cancer.

- Are you confused about what to eat?
- Do you feel tired, stressed, worried?

I can help you navigate and simplify the overwhelming amount of nutritional information to find the diet that works for you. I partner with you to create a nutritional plan – personalized for you – that will support your cancer management system and your goals for healthy weight, lean muscle mass, immune system strength, blood sugar balance, digestive strength and overall recovery and resilience. What you eat and how you live your life matters.