



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020 Series



Does no fat really mean no fat? How free is sugar free? If it says low sodium what is that compared to? Attend this workshop and receive full interpretation of labeling and explanations as to how to use labeling to determine portion sizes along with supporting healthy nutritional choices.

Reading Between the Lines:
Interpreting Food Labels & Portion Recommendations

Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

Date: October 28, 2020
Time: 12:00pm – 12:45pm

