

AAUW Islip Area Branch Hybrid Meeting
Bay Shore-Brightwaters Library and on Zoom

Monday, April 18, 2022 at 2:00pm

YOUR HEALTHY EATING QUESTIONS ANSWERED



Bonnie Mion, BS MSW

Bonnie has been studying and researching nutrition for over 20 years. She has taught nutrition classes and analyzed many aspects of healthy eating, food combining, best practices to enhance digestion, and what types and proportions of food are needed to fulfill basic nutritional guidelines.

There are many ideas and controversies over what it takes to eat healthfully. Bonnie will break down the basics of good nutrition into "Bitesize" pieces.

Some of the questions that will be addressed in this presentation are:

What should I be eating?

What is a healthy and balanced diet?

What are the special dietary needs of people over 50?

What is the value of organic foods?

The zoom link will be sent out before April 18.