

NUTRITION MADE EASY WEBINARS

MEAL PLANNING TO FIT YOUR BUDGET

Meals that fit your health goals and your wallet can feel difficult, but with a few tricks and simple guidelines, you can pull it off. This webinar also offers information about new products and old favorites that make mealtime planning easier.

MINDFUL EATING

Being mindful is important in many areas of life, and eating is no different! Join us for an insightful talk on how to become more aware of your environment, how it can shape the way you eat, and learn a few tips and tricks to practice more mindfulness.

MYTHBUSTING

There is so much nutrition information in the world today, but how much of it is true and who can you trust? Join us for a lively discussion on how to separate fact from fiction and where to go when you have questions on the latest diet trends and nutrition news.

EATING 9-5: SOLUTIONS FOR WORKPLACE CHALLENGES

Workplace survival involves more than deadlines and meetings! Learning how to incorporate healthy habits can provide you with long lasting energy. Join us to learn solutions for the biggest workplace challenges so you can improve your health, concentration and productivity!

SIX STEPS TO A HEALTHIER LIFE

Whether you're concerned about heart health, blood sugar, or just interested in maximizing your health, this class will help you identify simple and gradual lifestyle strategies that will help you meet your personal health goals.

LOVE YOUR HEART

Ever wonder how the foods you eat affect your heart? Whether you have concerns about cholesterol or hypertension or simply want to keep your heart healthy, this webinar will provide you the answers on salt and fat and ways you can improve your numbers and your health.

PLANT-BASED EATING

No matter your nutritional goals, adding plant-based foods to your diet is a great way to improve your long-term health. But what does it mean to be plant-based? Whether you're an omnivore, vegetarian or vegan, we've got tips and suggestions on how to add more plants to your plate!

REDUCE INFLAMMATION NATURALLY

Inflammation can be a friend or foe but when it sticks around too long, inflammation can cause long term health problems. Learn how your diet and lifestyle can influence inflammation in your body. We will also discuss foods and spices to add to your grocery cart for optimal health.

SPICE UP YOUR LIFE

Herbs and spices are a simple way to add flavor and fragrance to your day, but did you know they also have health properties? Learn the history of spices, ways to incorporate more into your diet, and the emerging science that shows real health benefits.

LOVE YOUR GUT

Did you know that your gut health plays an important role in immunity and overall health? Learn why gut health is so important and discover foods you should add to your diet-pre- and probiotics-to improve your gut health.

For more information about nutrition services at Giant, including personalized consultations, nutrition store tours, and our Nutrition Made Easy! podcast, go to giantfood.com/nutrition or email nutrition@giantfood.com



in-store
nutritionists