

# Portion Distortion



**Wednesday April 23, 2008 3:00- 4:30 PM**  
**Baystate Mary Lane Hospital**  
**Main Conference Room**

Nationwide, we have become accustomed to eating “supersize” meals. Join Alicia Walter, Registered Dietitian & Nutrition Educator at Baystate Mary Lane Hospital during April vacation as she talks about how to choose the right food portions for your body type and metabolism. Families will learn how to use every day easy to understand examples of what a food portion should be.

Come have fun learning about food choices, the difference between a "super size" and a nutritionally correct portion and how to make positive changes in long term health!

Healthy snacks provided.

Registration required by calling The Professionals  
at 967-2488 or 1-800-377-Health.

Baystate  Mary Lane Hospital

[baystatehealth.com/mlh](http://baystatehealth.com/mlh)