

EatSmart, ReadSmart

Weight Management Workshops with Dietitian



Date

Every Wednesday

Venue

KTPH, Tower C,
Level 5, Clinic 54

Time

2.00-3.00pm

For enquiry and registration,
please approach Clinic 54
reception counter.

Join our weight management workshops and learn some fun and useful tips for weight loss!

Workshop 1 - EatSmart

Eating out and attending social occasions where calorie-rich food is provided can be a challenge. This workshop aims to help you make dining options just as healthy as what you can prepare at home.

Highlights:

- What constitutes your energy balance
- Calorie content of popular calorie-rich foods
- Healthy meal preparation ideas at home
- Tips to eating out and not pigging out!

Workshop 2 - ReadSmart

If you are one to prepare your own meals or are keen to start, shopping for the appropriate food is key to successful weight loss. This session will give you the skills to pampering yourself with food products that will cater to your health and nutrition for weight loss. After this, you will be shopping smart!

Highlights:

- How to interpret nutrient tables
- Comparing between products: which is best?
- Understanding “food claims”: fact or fiction?