

Food Fit for Life

*A Healthy Eating and Nutrition Lifestyle
Program for Mount Sinai Health System Employees*

Session	Topic
1	Introduction to Class; Creating Healthy Plate
2	Navigating your local grocery store/market
3	Navigating your workplace café
4	Eating and Mindfulness
5	Healthy snacks and beverages
6	Tips for Dining Out
7	Nutrition and Fitness
8	Media Myths: What's True What's Not

