



# FEB 21<sup>ST</sup> 2018 7-9PM

## THE DASH DIET PATTERN

### Why Researchers Say It's The Only Diet to Follow

Following the principles of the Mediterranean diet, the DASH way of eating helps achieve and sustain good health, without any gimmicks or the elimination of any food groups. Registered Dietitian Filomena Vernace-Inserra gives us the 101 on the Dash Diet, including what foods are included and how to incorporate them in meal planning, while cookbook author Fina Scropo dishes out some heart-healthy meals that follow DASH principles. You'll learn to make your own no-salt spice and herb blends while stirring up a sprouted grain pilaf with seasoned winter vegetables and succulent fish fillet.



**LONGO'S**

**Weston Rd @  
Rutherford**

**9200 Weston Rd  
Vaughan**

**The Loft**

**Cooking Room**

**7-9pm**

**Register with  
Store Customer  
Service**

**905-850-6161**

**\$30 per person**

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