

Food Friends, Food Enemies

A VSH PRESENTATION BY

JANICE STANGER, PHD

7 P.M. TUES. SEPT. 12, 2017

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU (OAHU)

(AT END OF 0.2 MI. DRIVEWAY BETW. WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—
ACROSS FROM THE TEXACO STATION)



MAUI—THURSDAY, SEPTEMBER 14, 7 P.M.

CAMERON CENTER, 95 MAHALANI ST., WAILUKU

HONOLULU & MAUI REFRESHMENTS DONATED BY DOWN TO EARTH.

Have you ever been confused by conflicting advice on what to eat? It's easy to end up avoiding beneficial foods, while filling your plate with foods that are harmful. How can you get the facts about nutrition so that you make the best choices?

Transform your understanding of what to eat and what to steer clear of, and most importantly, why. Foods contain thousands of substances that impact your body. What specific substances in foods make them healthy, and which make them dangerous? Just looking at sources of calories - fats, proteins, and carbohydrates - is too simplistic. You'll learn a better approach.

MONDAY, SEPT. 11, 6:30-8 P.M.

CASTLE MEDICAL CENTER, WELLNESS AUDITORIUM
640 'ULUKAHIKI, KAILUA (OAHU)

THE LONG LIFE DIET

What do the healthiest, longest-lived people in the world eat? Food choices have a major role in determining how healthy you are as the years progress. Learn to work with your body to maximize vitality at all ages. You'll learn which foods speed aging and disability, and which are protective.

An optimal diet may even slow the aging process itself. Prepare to be delighted by the control a few simple choices give you over your life and your years.

**Healthy light refreshments provided
by Castle Medical Center.**

Free and open to the public, but registration is required:
Go to <http://castle-med.org> or call (808) 263-5400.

**FREE Admission
& Refreshments**

Janice has a Ph.D. in Human Development and Aging from University of California, San Francisco. She is certified in plant-based nutrition through the T Colin Campbell Foundation and has an M.B.A from University of California, Berkeley. She has spent 22 years critically analyzing scientific studies on nutrition and health.

WED. SEPT. 13, 6-8 P.M.
**YOU'RE INVITED TO DINE OUT W/
DR. JANICE STANGER**

PEACE CAFÉ, 2239 S. KING ST.
**VEGAN MENU: Miso Soup w/ Veggies &
CHOICE OF ONE ENTRÉE PLATE:**

- 1) **BBQ TEMPEH** w/COLESLAW, BROWN RICE, GREEN SALAD, CORN BREAD. * 2) **PEACE SAMPLER**, VARIETY OF DISHES, BROWN RICE. *
- 3) **TEX MEX:** BLACK BEANS, QUINOA, CORN SALSA, VEGGIES, CILANTRO ON TORTILLA..
- 4) **HEART & SEOUL**, BI BIM BAP, YUZU CARROTS, MISO, TOFU, VEG.* ***G-F** (OAHU)

\$20.10 TOTAL. To RSVP, PAY AND SPECIFY ENTRÉE, CALL (808) 951-7555.



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.