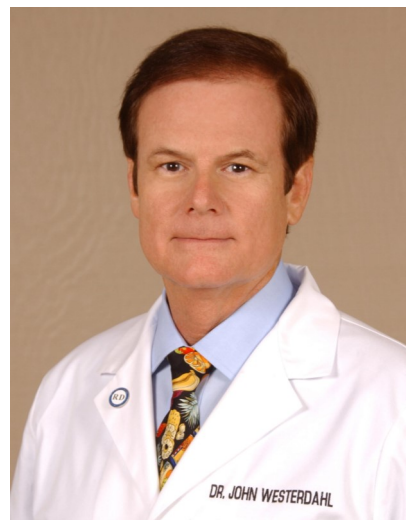


# VEGETARIAN DIETS: THE LATEST EVIDENCE-BASED NUTRITIONAL SCIENCE

A PRESENTATION BY  
**JOHN WESTERDAHL, PHD**

Learn about the latest scientific research on vegetarian diets and how they affect nutritional status, human health, and the prevention and treatment of disease. Dr. Westerdahl will present an overview of the new official position paper from the *Academy of Nutrition and Dietetics* on the topic of *Vegetarian Diets*. He will present information about the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics and the role this national practice group of Registered Dietitian Nutritionists plays in educating the medical profession and health professionals, as well as dietitians and nutritionists about the science of vegetarian nutrition.



John Westerdahl, PhD, MPH, RD, CNS, FAND is the Chair of the *Vegetarian Nutrition Dietetic Practice Group* of the *Academy of Nutrition and Dietetics*. He is the Director of the *Bragg Health Institute* and Director of Health Science for *Bragg Live Food Products* located in Santa Barbara, California. Dr. Westerdahl lived many years in Hawaii and formerly served as Director of Wellness & Lifestyle Medicine and Nutritional Services for *Castle Medical Center*. He has served as President of the *Hawaii Nutrition Council*.

A graduate of Pacific Union College and Loma Linda University School of Public Health, Dr. Westerdahl's Bachelor of Science, Master of Public Health, and Doctorate degrees are in the fields of food, nutrition and health education. With an extensive background in foods and nutrition, he has previously worked as a nutritionist and health scientist for companies such as *Dr. McDougall Right Foods, Inc.*, *Shaklee Corporation*, *Veggie Life Magazine*, *Millennium Restaurant*, and *Murad, Inc.* He is coauthor of *The Millennium Cookbook—Extraordinary Vegetarian Cuisine*. Dr. Westerdahl's national radio talk show, *Health & Longevity*, is broadcast weekly on the LifeTalk Radio Network.  
([www.HealthAndLongevityRadio.com](http://www.HealthAndLongevityRadio.com))

**TUESDAY, AUGUST 11, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**  
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**WEDNESDAY, AUGUST 12, 6 TO 8:30 P.M.**  
**DINE-OUT WITH DR. JOHN WESTERDAHL**  
**SIMPLE JOY VEGETARIAN CUISINE, 1145 S. KING ST.**  
**\$16 INCL. TAX & TIP (PAY WITH CASH OR CHECK AT DINE-OUT)**  
**TO RSVP, CALL 591-9919**

(PLEASE SPECIFY YOUR ENTRÉE CHOICE AT TIME OF RSVP)

**VEGAN DINNER INCLUDES HALF ORDER OF SUMMER ROLLS PLUS  
YOUR CHOICE OF ONE OF THE FOLLOWING ENTRÉES:**

- 1. VEGETABLE LASAGNA\***
- 2. TERIYAKI KABOB\***
- 3. EGGPLANT WITH TOFU AND BROWN RICE**
- 4. SIZZLING PANCAKE (WITH BEAN SPROUTS, MUSHROOMS, BROCCOLI)**

**SMALL PARKING LOT BEHIND THE RESTAURANT AND STREET PARKING.**

**NOTE: ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT VSH.**  
**\*FOOD SENSITIVITIES: MADE WITH WHEAT. SUMMER ROLLS & ITEMS 3 & 4 ARE G-F.**



**Vegetarian Society of Hawaii**

**Join Us!**

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

**FREE Admission  
& Refreshments**

**Refreshments courtesy of Down To Earth.**