

Internationally acclaimed nutritionist and author

Brenda Davis

speaks on

Food, Nutrition, and Living Well

and Presents her

Eating for Life: Constructing the Optimal Diet (and avoiding Mad Cow Disease)

Durham Friends Meetinghouse, 404 Alexander Ave (near Duke Univ.)

January 10, 2004

7:00 to 9:30 PM

Brenda Davis will address current knowledge about diet and disease, getting the right food and avoiding other foods, issues of calcium and vitamin D, and practical ways to modify our diets to minimize disease risk and maximize our protection. She will make a few comments about the current "Mad Cow" scare, as well. Come to eat and bring juice or make a vegetarian or fully plant-based dish (no meat, fish, eggs, dairy, honey) with your own place setting; or just come at 8:15 to hear the talk.

Brenda is a leading nutritionist and an internationally acclaimed speaker. She is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association (ADA) and author of books *Becoming Vegetarian* (new edition just out), *Becoming Vegan, Dairy-free and Delicious*, and the newly released *Defeating Diabetes*. She has also authored numerous professional and lay articles, and spoken at several ADA Conferences and the National Nutrition Conferences in several countries.



Sponsored by **Triangle Vegetarian Society**, www.trianglevegsociety.org, 919-489-3340

Brenda is touring, along with tiger preservationist Anthony Marr, the US on a 40-state tour September 2003 to April 2004. Her clear and warm presentations on a variety of topics such as nutrition, diabetes, dairy products, and disease prevention, have been enthusiastically received at professional ADA conferences, National Nutrition Conferences in several countries, and by lay people. Join Brenda for an additional dinner talk Jan. 6 at Spice Street in Chapel Hill (RSVP by email to barman@cs.unc.edu) and/or Anthony for his tiger preservation slide show Jan. 10 4-5:30p at the Parkwood Branch of the Durham Public Library (5122 Revere Rd).