

# Foods: Fact vs. Fiction

## The Truth Behind Nutrition Fads

Lisa Gibson MS, RDN, FAND



-Learn about gluten free products vs. whole grains



-Milk vs. Almond Milk



-Determine the difference between naturally occurring sugar and added sugar in foods



-Should you be afraid of GMOs?



The Bell Tower Community Center  
22232 El Paseo, RSM (949) 709-7592

Thursday, January 17th  
1:00 pm

**Age Well**  
**Senior Services**  
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