

Come Walk the Aisles of Big Y[®] with a Registered Dietitian!



Sue Mazrolle, MSRD, LDN

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

If you have ever wondered about certain ingredients, how to shop to reduce the amount of salt in your meals or were recently diagnosed with a condition requiring a change to your meal plan, a supermarket tour with Sue may be just what you need!

Sue can provide:

Workshops and Tours for –

- Losing Weight
- Feeling Energized
- Managing Diabetes
- Reducing Your Risk for Heart Disease
- Minimizing the Amount of Salt in Your Meals
- Recent Diagnosis with Celiac Disease
- Food Allergies
- Healthy Eating on a Budget
- *MyPlate* for Health

Answers to Questions About –

- Reading Labels
- Food Allergies
- Shopping Organic
- Building Healthy Meals
- Picky Eaters
- *MyPlate*
- Food Safety

If you are interested to learn more about how Sue Mazrolle can help you and your family, contact her directly at:

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