

www.FOUNDATIONFORREALNUTRITION.org

The Foundation For Real Nutrition and Sustainable Living

Meeting Location & Time:

IMMANUEL LUTHERAN CHURCH
5211 Carpenter Street
(at Grove Street)
Downers Grove, IL 60515

Sunday, February 12th
2:00 – 5:00pm

**WE MEET THE 2nd SUNDAY
OF EVERY MONTH.
VISIT OUR WEB SITE FOR
MEETING LOCATION,
TOPICS AND A LIST OF
LOCAL FOOD SOURCES.**

The Foundation for Real Nutrition and Sustainable Living is a nonprofit group founded to provide a supportive community for those who want an energetic and enjoyable lifestyle of eating nutrient-rich, properly prepared whole foods while not compromising the ability of future generations to do the same. To achieve our mission, we host fun and lively monthly general meetings that are open to the public, monthly "In the Kitchen" special events for members, and other events that provide lots of practical information on supportive topics. We also provide sources of organic foods, dairy products from pasture-fed livestock, and pasture-fed eggs and livestock in Northern Illinois and surrounding areas. Visit our web site for more information.

Join us for an enlightening presentation on...

The Science of Fat and Cholesterol

Few things in the nutrition world are as misunderstood as fat and cholesterol. Come and learn about the importance of fats and cholesterol in the body and understand the differences between the different types of naturally occurring fats and why we need them all. Also, find out what can happen when we don't get the right kinds or don't consume enough fat in our diets. This detailed presentation will focus on:

- The scientific truth about these maligned dietary components
- The fate of dietary fats...
 - digestion, transportation, and destination
 - how they are used by the body
- Health consequences of too much, the wrong kinds, and too little fat or cholesterol

Our featured speaker is...

Amy Kosowski, M.S., LDN

Amy Kosowski is a Licensed Nutritionist in Illinois and a Registered Patent Agent. She is involved in the development of nutritional supplements for NOW Health Group in Bloomingdale, IL where she has been employed for 11 years. Amy earned her B.S. in Ecology, Ethology, and Evolution from the University of Illinois and her M.S. in Molecular Nutrition from the University of Chicago. She is a veteran of the U.S. Navy.

OUR NEXT MEETING:

Sunday, March 11th at 2:00pm

OUR NEXT TOPIC:

Growing Nutrient Dense Foods