HEART HEALTHY LUNCH TO EDUCATE DINERS ON HEALTHY EATING OPTIONS

Houston, Feb. 19, 2013 – Three weeks after unveiling the new Wellness Wall that contains nutritional information, University of Houston Dining Services will be offering a Heart Healthy Lunch. The lunch is geared toward educating faculty, staff and students about healthy eating options.

The event will take place in The Fresh Food Company in Moody Towers and Cougar Woods Dining Hall on Thursday, Feb. 21, from 11 a.m. to 3 p.m.

The Heart Healthy Lunch will highlight the bake shop featuring healthy dessert options that include reduced fat oatmeal cookies, heart healthy bread pudding, black bean brownies and angel food parfait.

The health conscious event will be hosted by Caroline Sullivan, registered dietitian and UH Dining Services nutritionist. She will be on site providing facts, suggestions and prizes.

UH Dining continues to drive healthy eating habits at the university as part of a new campaign, Healthy for Life. The campaign provides diners with the tools to choose healthy options in dining halls and educational events to engage diners through social media, health fairs, culinary demos and more.

For more information about UH Dining Services visit www.uh.edu/dining.

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