 **MUSC Health**  
Medical University of South Carolina  
presents  
**Wellness Wednesday**

## Second Wednesday of Every Month

Join us in September to learn more about  
"Healthy Eating On the Go"

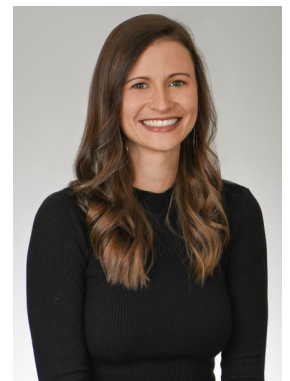
# Virtual Lunch & Learn

When you lead a busy lifestyle, it can be difficult to make healthy eating choices. Over the past several decades, Americans have grown to rely on the convenience of foods prepared outside of the home. Eating food prepared outside of the home environment on a frequent basis has been associated with weight gain and obesity. Evidence has shown that meals away from home tend to be higher in energy density, fat, and sodium, but lower in fruits, vegetables, whole grains, and protective nutrients such as dietary fibers and antioxidants. Dining out is also 3-4 times more expensive than home cooking.

Healthy meals on the go don't just happen, you have to make them happen. Join us to learn more about how to prioritize, plan, and prepare your way to a healthy lifestyle. Learn how to build healthy meals and snacks, how to interpret the USDA's new food label, and secrets to making smarter choices when dining away from home.



**Weds. September 14 , 2022**  
**12:00 PM – 1:00 PM EDT**



Alaine Mills is a Registered Dietitian and Certified Specialist in Sports Dietetics and has degrees in Nutrition and Kinesiology. She has experience in many areas from weight management to disease-specific diets and beyond. Alaine's nutrition philosophy is that all foods can fit into a healthy diet and she focuses on a "food first" approach. Alaine works in collaboration with her clients to create attainable short- and long-term goals that become permanent lifestyle changes.

**FREE VIRTUAL EVENT - REGISTER HERE: [muscd.edu/september](https://muscd.edu/september)**