

# How to Maintain a Balanced Diet



## LIVE

Wednesday, March 17, 2021

4:30 p.m.

(Loretto Hospital Chicago FB Page)



Join Loretto Hospital and Sodexo for a discussion all about nutrition. Learn about healthy eating and maintaining a balanced diet. Our speaker for this healthy eating discussion is Sarah Buckley MS, RD, LD, Clinical Nutrition Manager with

Sodexo. The session will include what is a balanced diet and why is it important, while covering:

## Carbohydrates, Proteins and Fats

\*The doctors who work in and consult with patients at Loretto Hospital are not ALL employees or agents of the hospital. THEY ARE INDEPENDENT PHYSICIANS. Billing for their services may be provided separately from the hospital's charges.

HEALTHY EATING

CARBOHYDRATES

PROTEINS

FATS

**Moderated by:**

**Dr. Heather Bergdahl**  
Vice President, Transformation  
The Loretto Hospital

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