



## **VEGETARIAN POTLUCK AND PRESENTATION**

# ***The Truth about Dairy***

**by George Eisman, MA, MSc, RD**

***Confused about what are the best dairy products to choose?  
Low-fat vs. regular?...Is organic worth it?...To soy or not to soy?***

***Learn the truths from a Registered Dietitian with more than 32  
years of experience working with people with "alternative" diets.***

**Sponsored by:** Triangle Vegetarian Society

**When:** Saturday, May 1

**Where:** Raleigh Friends Meeting House, 625 Tower Street, Raleigh

*George Eisman has been a Registered Dietitian for over 30 years, having worked at Miami Children's Hospital and at Wesley Woods Nursing Home in Atlanta, before serving as a Public Health Nutritionist for the State Health Departments of Florida, Georgia, and North Carolina. He has taught nutrition at the college and university level as a faculty member and instructor at Florida State University, Broward Community College, Miami-Dade Community College and most recently at Cornell University in New York. He is the author of Don't Let Your Diet Add to Your Cancer Risk, A Basic Course in Vegetarian and Vegan Nutrition, and The Most Noble Diet. He is the co-founder, and first Chairman-Elect, of the Vegetarian Nutrition Practice Group of the American Dietetic Association, and is currently the Nutrition Director for the Coalition for Cancer Prevention based in Watkins Glen, New York.*



George and Friend at Farm Sanctuary

**For more information call 489-3340 or visit the TVS website:**

**<http://www.trianglevegsociety.org/>**