



the
nutritionist

May classes

Wednesday May 7

Put the Right Carbs in Your Body's "Carburetor!"

1-2pm & 5:30-6:30pm • **FREE**

In our post-Atkins world, many of us have modified our intake of carbohydrates, but are we on the right path? Was Atkins right, or do we need to review the facts? Join Mark Rifkin, our in-store Nutritionist, for a review of how carbs fit into healthy weight management, moods and emotional stability, energy levels, sugar cravings, and blood sugar problems. Taste your way to a new understanding of carbs and healthy eating.

Thursday May 22

Summertime Salads to Keep You Cool

1-2pm & 5:30-6:30pm • **FREE**

Does the thought of cooking summertime dinners give you the sweats? Well, sweat no more! With this class, there will be no more sweating in the kitchen, because you'll have a delicious dinner on the table in no time. Learn how to use easy, simple ingredients to make exciting and tasty dishes with little or no cooking. Mark Rifkin, MS, RD, LDN will show you how to master dinner so you won't be cooking in the heat of the night!

NEW!
**Check out the Healthy Ideas
section of our website at
MartinsFoods.com**



Call The MARTIN'S
Nutritionist at
410-552-5107
or stop in at 1320
Londontown Blvd.,
Eldersburg to register
for classes.



Mark Rifkin,
M.S., R.D., L.D.N.

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