

The Sweet Life

Led by Nicole Brown, MS, RDN, LD ACSM EP-C
Saturday, March 23rd from 11:00 am- 11:30 am

Safety Ratings Key



Safe

The additive appears to be safe.



Caution

May pose a risk and needs to be better tested. Try to avoid.



Cut Back

Not toxic, but large amounts may be unsafe or promote bad nutrition.



Certain People Should Avoid



Avoid

Unsafe in amounts consumed or is very poorly tested and not worth any risk.

Please join us for a 30 minute discussion to:

- ❖ Learn about non-calorie sweeteners
- ❖ Review the safety ratings key from Center for Science in the Public Interest
- ❖ Taste “Swerve” (erythritol) a safe, non-calorie sweetener in a hot beverage or baked item and learn about its practical applications

Cost: *Included as part of packages, or \$35 for others.*

Please sign up by 3/21 at the front desk