

**NUTRITION PIONEER  
GEORGE EISMAN, RD  
PRESENTS  
BASIC NUTRITION:  
WHAT DIET IS RIGHT  
FOR YOU?**



**T**rying to lose weight? Unsure how to navigate food labels? Can't tell if your diet is meeting your nutritional needs? Learn to understand the foods you eat and their impact on long-term health.

George Eisman has taught nutrition at the college and university level since 1980 and created the nation's first credit program in Vegetarian Studies. He is a Registered Dietitian and has lectured at national and international nutrition conferences. He has written articles for the *Journal of Nutrition Education* and *Vegetarian Times* and now teaches the VEGEDINE Home-Study Course in Vegetarian and Vegan Nutrition. He is the author of that course's text, entitled *A Basic Course in Vegetarian and Vegan Nutrition* and also the popular book on ethical eating called *The Most Noble Diet*.

**Saturday, November 13, 7 p.m.,  
McCoy Pavilion, Ala Moana Beach Park**

**Additional talks in Kailua and on Maui**

Mr. Eisman will be giving two more presentations in Hawaii. The first will be the "Basic Nutrition" talk on Maui on Wednesday, November 10 at 7 p.m. at the Cameron Center, 95 Mahalani St. in Wailuku.

The second talk, "What's Wrong with Atkins?," will be held in Kailua at the Castle Health & Wellness Medicine Center on Tuesday, November 9 at 7 p.m. Call 263-5400 to register.

**FREE  
Admission &  
Food Samples**



**Vegetarian Society of Hawaii**

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For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org).