

Healthy Living: Dietitian Points to Eating Right

(Posted March 25, 2013)



George Eisman

HUNTINGDON, Pa. -- A nutrition specialist and author of "Don't Let Your Diet Add to Your Cancer Risk" will speak at Juniata College on "Food as Medicine for You and the Planet," at 7 p.m., Thursday, April 4, in Room C-225 in the Brumbaugh Academic Center on the Juniata campus.

The talk, by George Eisman, a nationally known diet consultant and nutrition director for the Coalition for Cancer Prevention, is free and open to the public. The talk is sponsored by HOSA, the Juniata student club for those studying for the health professions.

Eisman will talk about how much protein should be part of a healthy diet, as well as warning which foods can be good for heart health, yet can also increase cancer risk. He also will address how to incorporate more nutrients into a vegetarian diet. In addition, he will relate his topic to the global marketplace, detailing how what America eats can affect other countries and the planet.

Eisman is the founder of VEGEDINE, the Association of Vegetarian Dietitians and Nutrition Educators. He currently teaches the VEGEDINE correspondence course in Vegetarian and Vegan Nutrition and wrote the course textbook.

In addition to his book, "Don't Let Your Diet Add to Your Cancer Risk," Eisman also wrote, "The Noble Diet," as well as numerous articles in such publications as The Journal of Nutrition education and Vegetarian Times. He has extensive experience in public health, serving as a nutritionist for the state health departments in Florida, Georgia and North Carolina. He also has taught classes on nutrition at Florida State University, Broward (County) Community College, and Miami-Dade Community College. He has earned two master's degrees and has been a Registered Dietitian for more than 30 years.

