



Where's the Protein?

Let's be realistic about plant-based and whole foods

Make every bite count!

Join Anzonette Pittet, RD, to discuss how to harness the cancer fighting power of a whole foods, plant-based lifestyle. You don't have to go vegan to enjoy the benefits of more fruits and veggies.

Everyone has questions about nutrition and diet changes:

- What is a whole foods diet?
- What is a plant-based diet? Do I have to avoid meat?
- What's the deal with carbs?
- How do I make healthy food taste good?
- What are plant based proteins?

Join us and get some answers!

Date: Tuesday, June 11, 2019

Time: 6:30-8:00pm

Location: Cancer CAREpoint Resource Center

2505 Samaritan Drive, Building 400, Suite 402, San Jose, CA. 95124

Consult your doctor before making dietary changes.

Space is limited and advance registration is required. Please register by calling Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.



Anzonette Pittet, RD (Kaiser Santa Clara Cancer Care Registered Dietitian), obtained her B.S. degree in Nutrition and Dietetics at the University of Stellenbosch. She worked as a Dietitian in the UK and Canada where she developed a passion for working in Oncology. In 2006, she joined Kaiser Santa Clara and the Cancer Care team, obtaining a Board Certification as Oncology Nutrition Specialist in 2008.