

The Sports Club/LA presents

All Dietary Protein is Not Created Equal

How to Determine Ideal Protein Sources
for Optimum Health

Tuesday, March 27th
6:00 – 7:00pm
Conference Room

In this workshop led by Registered Dietitian,
Amy Gilman and Tufts University nutrition
student, Katherine Basbaum, you will:

- Learn the basics of macronutrients –
carbohydrates, protein and fat
- Discover why your body relies so
much on protein
- Gain some simple but vital
knowledge about the difference between
essential and non-essential amino acids,
the building blocks of protein
- Develop an understanding of what it means
when food is referred to as a “complete” or
“incomplete” protein source

In this workshop you will also learn how to calculate your
individual protein requirements, and the best way to
satisfy your daily needs.

Please contact Amy Gilman, Registered Dietitian
and Private Trainer, at agilman@mp-trainer.com
or 617.375.8592 for more information and
to register.