

Y's Owl Maclure Co-operative Centre

Diet Can Make A Difference!



This is a three part work shop series that will address dietary issues and behaviors associated with diet for individuals on the ASD spectrum.

Part 1: What's wrong with my diet? Does Diet Affect Mood?

January 12, 2012 7-9 pm

This workshop will address possible food allergens as well as some of the associated symptoms and how to alleviate those bothersome symptoms.

Part 2: Test for Possible Allergens (Rotation diets / Elimination Diets)

This workshop is a first step towards problem solving dietary symptoms and solutions.

January 19, 2012 7-9 pm

Part 3: Come and Learn to Make This Diet Work!

In this series there will be samples, planning tips, helpful substitution ideas, as well as alternatives to flour, easy crock pot ideas, and increased energy.

January 26, 2012 7-9 pm

Location: Y's Owl Maclure Co-operative Centre 1140 Morrison Dr. Suite 100.

Cost: \$60 (inclusive for all three workshops)

Call Suzanne Ford at (613) 721-1500 ext. 219 or fax (613) 721-6223 for registration.

As the parent of a teen with multiple food and chemical sensitivities , as well as a diagnosis of Autism, I have had over 15 years of experience cooking alternative diets. After many years implementing this diet for my sons, I discovered my own multiple food sensitivities. This was indeed an eye opening experience! I learned to identify how wheat, dairy, sugar and other allergens affected my health as well as how to enjoy the challenge of finding delicious, new foods to eat.

Presented By: Christine Sinding, MSc



Y's Owl Maclure Co-operative

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