



my first bite

a sensory approach to healthy eating

My First Bite | Parent Nutrition Talk hosted by SuperNature

We invite you to join us for our first talk by nutritionist Eve Persak to discuss the prevalence of “picky” or “selective” eating in early childhood!

The talk will cover topics on:

- How to know when picky eating might be compromising nutrition.
- How to detect signs of and prevent nutritional deficiencies amongst children.
- Identifying nutrients that are particularly important amongst children and the foods that offer these nutrients.
- Tips on when and how to get extra nutritional support.

There will be an opportunity for discussion and Q & A after the talk.

Bio - Eve Persak MS RDN CNSC CSSD

A qualified and renowned nutritionist, Eve is a Registered Dietitian (RD) and a Board Certified Sports Dietitian (CSSD) with the world's leading professional credentialing institution in dietetics. She is one of only 3500 medical professionals globally to hold the Certified Nutrition Support Clinician (CNSC)

distinction and has extensive experience providing nutritional therapies amongst interdisciplinary healthcare teams. In her private practice she provides holistic counseling for individuals of all ages with issues such as food allergies and intolerances, gastrointestinal dysfunction, chronic disease, sports nutrition, women's health, and weight loss. She has over 7 years of experience specializing in pediatrics – supporting premies, neonates, infants, young children adolescents and their caregivers with picky eating, growth and developmental delays, food allergies, gastrointestinal conditions, surgical recovery and disease. She is the Nutrition Advisor for the COMO Group and SuperNature. She is also available for private nutritional counseling at COMO Shambhala Urban Escape center on Orchard Road.

This event will take place at:



SuperNature
NATURALLY ORGANIC

SuperNature Café area: 583 Orchard Rd, B1-05/09, Singapore
238884

Wednesday, August 15, 2018

9:30am (45min talk, 15min Q&A)

Limited space (bring a friend: maximum +1)

Light refreshments and food will be provided

Save a seat and find out more at +65 8228-3377

info@myfirstbiteforkids.com

