



# FAD or FACT: Current Controversies in Nutrition

- The facts on fat: lose it or love it?
- Getting to the “meat” of the issue: the debate over red meat
- Hold the gluten: from gluten sensitivity to Celiac Disease
- Nutritional supplements: “Hey, Doc – should I be taking this?”

**Join students Amy Kim, Ciaran Galts, and Nick Slater of the Island Medical Program and Marina Parvanova of UVic’s Health Advocacy Club in an open conversation about health and nutrition.**

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**Thursday, March 15, 2018 @ 6:00 – 8:00pm**  
Medical Sciences Building, Room 150  
University of Victoria

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**Light refreshments will be served.**

This is the latest in a series of medical student presentations.

For more information, contact Dr. Jane Gair @ [jgair@uvic.ca](mailto:jgair@uvic.ca).