



Priti Suri, Registered Dietitian

Registered with College of Dietitians of BC, currently Priti is the Chief Consulting Dietitian at Diet Group. Priti spends the majority of her time consulting for organizations, government, conducting educational workshops, individual nutrition counseling, public speaking and writing. She completed studies in Clinical Dietetics and has worked on a wide array of projects with BC Children's, Abbotsford Regional, Toronto East General, Mount Sinai Hospital and Hospital for Sick Children.

Priti is a trusted food & nutrition expert and has been actively involved in various community initiatives bearing positions as well as membership of key committees. She has delivered nutrition lectures at corporate organizations, hospitals, schools, non-profits and has given several Nutrition Programs / Interviews /Expert Views on Radio, Television and in the Print Media. As a nutrition columnist, she covers health, nutrition and diet related information about chronic disease prevention and management.

Session: **A healthy and balanced diet at home**

- Objectives:**
1. The impact of eating habits/diet plans and weight control in diabetes management
 2. Are there healthy choices I can make if I am eating out?
 3. How to intentionally plan meals if you have diabetes
 4. The complex relationship between diabetes and carbohydrates, including the use of alcohol and its impact
 5. Healthier alternatives for “sugar” or carbohydrates in the South Asian diet
 6. How to make smart choices while food prices are going up