## CALS Wellness and the Dietetics and Nutrition Club Present: Nutrition-themed Lunch and Learns for Faculty, Staff and Students

## Food Allergies, Intolerances and Sensitivities, Oh My!



11:00am – 12:00pm Thursday, November 3<sup>rd</sup> 227 Nutritional Sciences (Snack will be served!)



Does someone with a lactose intolerance need to avoid all dairy? What's the difference between a gluten sensitivity and Celiac disease? At this Lunch and Learn we will discuss the differences between food allergy, intolerance and sensitivity, specifically focusing on gluten (Celiac disease and gluten sensitivity) and dairy (lactose intolerance). Join us!





