

“Five Dietary Myths”

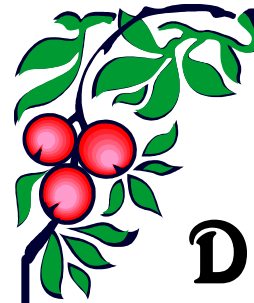
1. Starches make me fat!
2. **The best protein is from animal sources!**
3. Vegetable oil is health food!
4. **Milk gives strong bones!**
5. Chicken is low cholesterol!

video presentation by

Dr. John A. McDougall

Director & Founder of
McDougall Wellness Center

- ⊙ **Date:** **Sabbath, May 13, 2006**
- ⊙ **Time:** 7:00 – 8:30 pm Vesper Program
- ⊙ **Place:** Willowdale Seventh-day Adventist Church
535 Finch Avenue West, Toronto
(just west of the Finch & Bathurst
intersection, beside Branson Hospital)



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