



INDIAN GROCERY STORE TOUR

WITH A DIETITIAN



Meet Teju Lakkundi, RDN, LDN, CDCES

Teju Lakkundi is the founder and owner of Nutrition For You, a private practice focused on **improving quality of life through nutrition**. Teju provides counseling for patients with different conditions such as diabetes, high blood pressure, high cholesterol, gastrointestinal problems, and more.

Learning Objectives

During this 60-minute tour, you'll learn **how to pick healthy foods that meet your individual nutrition needs**. You'll learn about planning meals, understanding food labels and ingredients, finding healthy alternatives, and smart ways to stay healthy without spending too much time or money.



Health Benefits

Grocery store tours help you understand **what is in your food and how it affects your health**. With this knowledge, you'll feel more confident about making healthier choices while navigating the aisles of the supermarket and develop better eating habits that will last a lifetime.



**SCAN
CODE TO
REGISTER:**



- \$40 per person
- Groups of 5-8 people
- 60 minutes
- Savidha International Grocery:
744 Hunter St. Apex NC 27502