

# PLANTING A PLAN FOR BETTER NUTRITION

**LIVE SESSION: TUESDAY, FEBRUARY 7 • 11:00AM (CST)**

You may have heard the words plant-based or plant-forward eating and wondered what that actually means. Is it a lot of salads? Can you have animal protein? In this session we will answer these questions and talk about how easily you can work up a plants-first plan that is both nutritious and fulfilling.



## **Nicole Hodac, MS, RDN, CSO, LD**

Oncology Dietitian, Texas Oncology—Central Region

Nicole Hodac is board certified oncology dietitian with Texas Oncology – Central Region. With more than ten years of clinical experience, Nicole has been able to support patients with cancer in the maintenance and improvement of their overall well-being through nutrition, education and counseling. She serves as a patient advocate on the medical oncology team developing healthful eating plans for the reduction of disease risk and progression to healthier lifestyles. She often works with the patient and caregiver to dispel common nutrition myths and find the right nutrition strategy for patients to maintain weight, recover strength, or mitigate treatment side effects. Nicole continues to be an active member of the Academy of Nutrition and Dietetics and the Oncology Nutrition dietetic practice group.

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