



9:00 a.m. - Workshop Room 2

NUTRITION: FOOD LABEL READING

Learn how to correctly read a food label and ways it can help with food choices, portion control and chronic disease prevention and/or management.



Hilda Mendoza, MPH
Health Educator, Chronic Disease Prevention Division,
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Hilda is a Bilingual Health Educator in the Chronic Disease Prevention Division at Tarrant County Public Health. Here, she integrates her expertise as a Public Health professional, scientific researcher, and educator in playing an active role in the efforts to prevent the onset of chronic health problems and improve the health of all in the community. She received both her bachelor's and master's degrees from the University of North Texas and is a member of the Institute for Cancer Research of the same institution. She is certified by the Stanford Education Research Center as a Master Trainer in the Chronic Disease Self-Management, and Chronic Pain Self-Management Programs in both English and Spanish.