

## HOLYOKE

# HCC debuts healthy cooking series

BY CHRIS YURKO

Special to The Republican

Anyone resolved to eat healthier in the new year should consider enrolling in two new cooking series running this month at the HCC MGM Culinary Arts



MARISSA  
CHIAPPERINO

Institute. “Healthy Cooking for Heart Health,” a three-session series, begins Jan. 10 and runs Tuesdays from 6-9 p.m.

“Healthy Cooking for Diabetes,” also a three-session series, begins Jan. 12 and runs on Thursdays from 6-9 p.m.

All classes for both series are taught by Marissa Chiapperino, a registered dietician and instructor in HCC’s Culinary Arts program.

“Certain foods can lower your risk of heart disease and diabetes or help to manage it,” Chiapperino said. “Making healthy adjustments to your daily meal plan does not have to be hard or boring. Oftentimes, adding in sources of healthy fats, whole grains, and high fiber fruits and vegetables can boost flavor and decrease the risk of chronic disease.”

Each session costs \$80 and includes cooking lessons and lectures focused on different themes.

The course plan for each session includes:

■ **Healthy Cooking for Heart Health:** Jan. 10 (breakfast and carbohydrates); Jan. 17 (lunch and fats); Jan. 24 (dinner and proteins).

■ **Healthy Cooking for Diabetes:** Jan. 12 (meal prep / “Counting Those Cabs”); Jan. 19 (snacks/ “The Power of Protein”); Jan. 26 (diabetes friendly breakfast / “Fat is Fabulous”).

“Helping people in all types of settings understand accurate and evidence-based nutrition and how to individualize it best for them is key to long-term success and managing chronic disease,” Chiapperino said.

Chiapperino holds a bachelor of science degree in dietetics from the State University of New York at Oneonta and a masters of public health from the University of Massachusetts Amherst. She specialized in medical nutrition therapy for critical care and oncology at Westchester Medical Center in New York and was the first bariatric dietician at Holyoke Medical Center, where she helped build their nutrition program.

For the past two years she has been president of the Western Massachusetts Dietetic Association.

To register for classes, go online to [hcc.edu/healthy-cooking](http://hcc.edu/healthy-cooking)

For more information, contact Lanre Ajayi at [lajayi@hcc.edu](mailto:lajayi@hcc.edu)