

# TORONTO CELEBRATES INTERNATIONAL WOMEN'S DAY ON MARCH 9<sup>TH</sup> 2024



To celebrate International Women's Day which falls on 8<sup>th</sup> March, World Zarathushti Chamber of Commerce, had an event on March 9<sup>th</sup> 2024 at the Zoroastrian Society of Ontario, where we were delighted to have Zeenia Wadia of Zeev's Nutrition as our keynote speaker.

Zeenia Wadia, founder of Zeev's Nutrition Studio in Toronto gave us an insightful talk about her journey and passion that she shares for inculcating the spirit of 'eating right.'

The talk centered around the focus area of taking in the right amount of nutrients and vitamins in our meals and busted myths around some of the most common misconceptions of dieting and fast food.

Two of the most important points highlighted by her were the health benefits or rather health hazards that arose from 'healthy foods' served by fast food joints. Those healthy foods and especially the coffee served by them, consumed by thousands of people each day actually contain high amount of calories and the caffeine found in coffees cause more damage to our health than cigarettes.

Secondly, the importance of eating proper meals at proper times was also touched upon wherein she highlighted that the majority of the people skip breakfast, which is the most important meal of the day, or, just have coffee for breakfast which can cause high levels of acidity.





She then proceeded to speak about the challenges that were faced while setting up her business especially during Covid 19 when they had to keep re-shaping their business model.

The session was concluded with the audience asking some intriguing questions around nutrition followed by sampling some of the healthy delicacies served by Zenia.

Her website is given below: [Control /click for more information:](#)

[Zeev's Nutrition Studio by Zenia Wadia](#)