



# Nutritional Consulting

Learn about advanced concepts of nutrition through each stage of life. This course also teaches how to perform nutritional assessments and how to provide nutritional recommendations professionally.

Nutritional Consultants guide individuals in regaining or maintaining their health and vitality through carefully designed nutrition plans. This course provides in-depth information about nutrition during infancy to the senior years. Learn the necessary skills to create nutritional assessments and give dietary recommendations to others professionally. The concepts covered in this course can be applied effectively to any type of nutritional consulting setting.

**“I’m so glad I chose a career in Nutritional Consulting because I can help others improve their health and well-being on a daily basis.”**

**Joanna Lapinski**, Nutritional Consultant

## Highlights:

- » this course is a co-requisite for the Nutritional Consulting Diploma program
- » only 9 months or less required to complete the course
- » accredited, distance education
- » includes practice quizzes, tests, final examination, certificate, and free shipping within North America
- » also includes 2 reference texts: *Nutrition Through the Life Cycle* by Judith E. Brown and *Basic Nutrition Counseling Skill Development* by Kathleen Bauer and Carol Sokolik

\* Please note this course cannot be taken alone and must be taken as part of the Nutritional Consulting Diploma Program.

## Ideal for:

health practitioners, health care providers, nutritionists, dietitians, weight-loss consultants, food industry professionals and retailers, natural health retail staff, wellness centre staff, and health educators and writers

- Lesson 1**—Nutrition Basics
- Lesson 2**—Preconception Nutrition
- Lesson 3**—Preconception Nutrition: Conditions and Interventions
- Lesson 4**—Nutrition During Pregnancy
- Lesson 5**—Nutrition During Pregnancy: Conditions and Interventions
- Lesson 6**—Nutrition During Lactation
- Lesson 7**—Nutrition During Lactation: Conditions and Interventions
- Lesson 8**—Infant Nutrition
- Lesson 9**—Infant Nutrition: Conditions and Interventions
- Lesson 10**—Toddler and Preschooler Nutrition
- Lesson 11**—Toddler and Preschooler Nutrition: Conditions and Interventions
- Lesson 12**—Child and Preadolescent Nutrition
- Lesson 13**—Child and Preadolescent Nutrition: Conditions and Interventions
- Lesson 14**—Adolescent Nutrition
- Lesson 15**—Adolescent Nutrition: Conditions and Interventions
- Lesson 16**—Adult Nutrition
- Lesson 17**—Adult Nutrition: Conditions and Interventions
- Lesson 18**—Nutrition and Older Adults
- Lesson 19**—Nutrition and Older Adults: Conditions and Interventions
- Assignment 1**—Preparing to Meet Your Client
- Assignment 2**—Building a Relationship: Basic Counseling Responses
- Assignment 3**—Meeting Your Client: The Counseling Interview
- Assignment 4**—Developing a Nutritional and Physical Activity Plan
- Assignment 5**—Promoting Change to Facilitate Self-Management

## Contact our admissions officers today!

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