



Education for the healthy mind.

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 Nutrition Consulting diploma program
- only 9 months or less required to complete the course
- accredited, distance education
- includes practice quizzes, tests, final examination, certificate, diploma, 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

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 Counselling Responses

Assignment 3—Meeting Your Client: The Counselling 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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