



# Nutrition: Studies & Applications

Learn how dietary choices influence health and disease using the latest nutritional information available.

Nutrition: Studies & Applications outlines the relationship between food and the well-being of the body. Learn how dietary choices influence health and disease through an in-depth look at: cancer, diabetes, heart disease, and obesity. This course emphasizes using natural whole foods and nutritional supplements to detoxify, rebuild, and balance the whole person. Specialized nutrition topics also covered include vegetarian nutrition, sports nutrition, functional foods, and nutrition for every stage of life.

**“I found the Nutrition course both useful and informative. I fully intend to continue my education and work toward a diploma.”**

**Amy McInnis**, Acupuncturist:  
*Acupuncture & Wellness Centre*

### Ideal for:

health practitioners, nutritionists, dieticians, health care providers, HR/office managers, food industry professionals, health educators, spa/wellness centre staff, professional and amateur athletes, trainers, coaches, gym/fitness centre staff, weight-loss consultants, natural health products (NHP) retailers, NHP sales representatives, NHP manufacturers, health & nutrition enthusiasts

### Highlights:

- » this course is a co-requisite for the Advanced Nutrition and Nutritional Consulting Diploma programs
- » only 9 months or less required to complete the course
- » accredited, distance education
- » includes practice quizzes, tests, feature articles from *alive* magazine, *alive* recipes, final examination, certificate, and free shipping within North America
- » also includes 2 reference texts: *Nutrition Now* by Judith E. Brown and *Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch
- » assistance and support provided while you study

- Lesson 1**—Key Nutrition Concepts and Terms
- Lesson 2**—The Inside Story about Nutrition and Health
- Lesson 3**—The Ways of Knowing about Nutrition
- Lesson 4**—Understanding Food and Nutrition Labels
- Lesson 5**—Nutrition Attitudes and Behaviours
- Lesson 6**—Healthy Diets: The Dietary Guidelines
- Lesson 7**—How the Body Uses Food: Digestion and Absorption
- Lesson 8**—Calories! Food, Energy, and Energy Balance
- Lesson 9**—The Highs and Lows of Body Weight
- Lesson 10**—Weight Control: The Myths and Realities
- Lesson 11**—Useful Facts about Sugars, Starches, and Fibre
- Lesson 12**—Diabetes Now
- Lesson 13**—Alcohol: The Positives and Negatives
- Lesson 14**—Proteins and Amino Acids
- Lesson 15**—Vegetarian Diets
- Lesson 16**—Food Allergies and Intolerances
- Lesson 17**—Fats and Cholesterol in Health

- Lesson 18**—Nutrition and Heart Disease
- Lesson 19**—Vitamins and Your Health
- Lesson 20**—Phytochemicals and GMOs
- Lesson 21**—Diet and Cancer
- Lesson 22**—Good Things to Know about Minerals
- Lesson 23**—Dietary Supplements and Functional Foods
- Lesson 24**—Water is an Essential Nutrient
- Lesson 25**—Nutrient-Gene Interactions in Health and Disease
- Lesson 26**—Nutrition and Physical Fitness for Everyone
- Lesson 27**—Nutrition and Physical Performance
- Lesson 28**—Good Nutrition for Life: Pregnancy, Breastfeeding, and Infancy
- Lesson 29**—Nutrition for the Growing Years: Childhood through Adolescents
- Lesson 30**—Nutrition and Health Maintenance for Adults of All Ages
- Lesson 31**—The Multiple Dimensions of Food Safety
- Lesson 32**—Aspects of Global Nutrition

## Contact our admissions officers today!

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