



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—What’s a Healthful Diet?

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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