



# Vegetarian Nutrition

Learn about supporting the specific nutritional needs of vegetarians and how to transition to a vegetarian lifestyle.

This course defines vegetarianism and outlines the specific nutritional requirements of a healthy vegetarian diet. Lessons also include information on how to adopt a vegetarian diet, and guidelines for changing needs during every stage of life. Practical examples and suggestions will prepare the student to create diet plans for increased health and vitality. This course is ideal for vegetarians, those considering a vegetarian diet, and health and nutrition professionals.

**“My teenaged daughters decided to become vegetarian and I was worried that they wouldn’t get the proper nutrition they needed. This course taught me that a complete and healthy vegetarian diet is possible at any age. I now know what meals to prepare and have become a vegetarian myself!”**

Stacey Donaldson, Legal Assistant

## Highlights:

- this course is a co-requisite for the Advanced Nutrition diploma program
- 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: *The Dietician’s Guide to Vegetarian Diets* by V. Messina, Mangels and M. Messina and *Becoming Vegetarian* by Melina and Davis
- assistance and support provided while you study

## Ideal for:

Health practitioners, health care providers, nutritionists, dieticians, weight-loss consultants, food industry professionals and retailers, health educators and writers, vegetarians or aspiring vegetarians, and health and nutrition enthusiasts

**Lesson 1** – Vegetarianism

**Lesson 2** – Vegetarianism for Health

**Lesson 3** – Protein

**Lesson 4** – Carbohydrates

**Lesson 5** – Fats

**Lesson 6** – Vitamins

**Lesson 7** – Minerals

**Lesson 8** – Designing a Vegetarian Diet

**Lesson 9** – Vegetarian Diets During Pregnancy and Lactation

**Lesson 10** – Vegetarian Diets in Infancy

**Lesson 11** – Vegetarian Diets for Children

**Lesson 12** – Vegetarian Diets for Adolescents

**Lesson 13** – Vegetarian Diets for Older People

**Lesson 14** – Practical Applications of Vegetarianism

## Contact our admissions officers today!

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email [info@aliveacademy.com](mailto:info@aliveacademy.com), visit [aliveacademy.com](http://aliveacademy.com)