

The role of nutrition in weight management



This course will assist your weight management goal by setting the record straight on the multitudes of misinformation that exists both online and from self-proclaimed experts. You will also be able to determine which foods are healthy and which foods are not.



Food and nutrition misinformation can compromise overall health and wellbeing as well as jeopardise your efforts to manage your weight. Knowing fact from fiction is vital.

People who are desperate for quick fixes unfortunately become willing targets for misinformation and false promises rather than evidence-based medical nutrition knowledge that delivers long-term results.

What the research says

Research has shown that confusion makes people ignore not only contradictory information, but also the widely-accepted nutritional advice of eating more fruits and vegetables.

It was also found that those people who had the greater exposure to contradictory information expressed the most confusion with sound dietary principles.



Doing things the right way, for results and your health



The benefit of this course is that you receive health and nutritional advice that is tailored to your specific needs and circumstances.

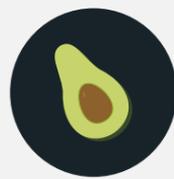
Here you will receive evidence-based information that is not based on popular myths and old-wives' tales.

Health and nutrition education that has been backed by scientific research has been shown to contribute to changes in the quality of life and susceptibility to certain diseases of the recipients.

Understanding healthy options so you can make the right choices



What foods contain healthy carbohydrates and good quality proteins



What foods provide sugar



What the difference is between healthy fats and unhealthy ones.

You will also learn to understand the basics of good nutrition and how this can affect your energy levels, your ability to concentrate and your overall quality of life.

Your journey is unique

While you may have shared a common desire with other individuals on this course to manage your weight, you have your own needs and medical issues to manage within the programme.

This course is designed in such a way that it links to:

- Other related topics
- Medical professionals, such as doctors and psychologists
- Fitness coaches
- Or even a one-on-one consultation with one of our dieticians who are readily accessible should you need them.