



## The role of nutrition in weight management

The greatest contribution this course can make to your goal of weight management is to provide you with sufficient knowledge to navigate your way through the multitude of misinformation that exists both online and from self-proclaimed experts, and to be able to determine which foods are healthy and which foods are not.



Food and nutrition misinformation can compromise overall health and well-being as well as jeopardise your efforts to manage your weight.

Some individuals are willing targets for misinformation and incorrect guidance based on promises of quick fixes rather than evidence-based medical nutrition knowledge. 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. The benefit of a course such as this one, is to fit the health and nutritional advice with the individual's specific needs. It is our role to verify the messages that you receive on this platform separating evidence-based information from 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. In the abyss of a multitude of fast-food outlets, diet quacks and self-proclaimed experts, you need to be able to determine what foods contain healthy carbohydrates and good quality proteins, what foods provide sugar and what is the difference

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.

Whilst 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 with which to contend. This course is designed in such a way that links to other topics, or medical professionals, such as fitness coaches, psychologists or even a one-on-one consultation with one of our dieticians are readily accessible.