



## **TAILORED COURSES**

### **NUTRITION (COMPLETE COURSE)**

**235 HOURS**

Food and health have never been so relevant. "We are what we eat. We can not say truer because each food we eat is used to build our cells, replace worn or damaged elements, as well as to synthesize various molecules that our body needs to function and stay healthy.

This course lays the foundations of this multidisciplinary science and offers critical reflection supported by credible sources. Thus, it will allow you to know and understand the impact of food on health and an active life, as well as the role of nutrients in the human body. It will allow you to adopt healthy eating habits and make better choices at all stages of life.

This course is divided into seven parts:

- 1) The basics of healthy eating
- 2) Nutritional assessment
- 3) Macronutrients
- 4) Micronutrients
- 5) Supplements and other natural products
- 6) Nutrition for an active life
- 7) Nutrition for different stages of life

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**\$1 836,00**

### **THE BASICS OF HEALTHY EATING**

**57 HOURS**

In this course, we will raise the following points:

- Introduction to nutrition
- Tools for planning a healthy diet
- Food characteristics
- Factors influencing the nutritional value of food

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**\$444,00**

## **NUTRITIONAL ASSESSMENT**

**41 HOURS**

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Prerequisites:

- The basics of healthy eating

In this course, we will raise the following points:

- The digestive system
  - Nutritional assessment
  - Energy and body weight
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**\$318,00**

## **MACRONUTRIENTS**

**50 HOURS**

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Prerequisites:

- The basics of healthy eating

In this course, we will raise the following points:

- Carbohydrates
  - Lipides
  - Proteins
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**\$392,00**

## **MICRONUTRIENTS**

**35 HOURS**

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Prerequisites:

- The basics of healthy eating

In this course, we will raise the following points:

- Vitamins
  - Minerals and water
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**\$274,00**

## **SUPPLEMENTS AND OTHER NATURAL PRODUCTS**

**20 HOURS**

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Prerequisites:

- The basics of healthy eating
- Micronutrients

In this course, we will raise the following points:

- Natural health products
  - Functional foods
  - Other bioactive compounds
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**\$157,00**

## **NUTRITION FOR AN ACTIVE LIFE**

**11 HOURS**

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Prerequisites:

- The basics of healthy eating
- Nutritional assessments
- Macronutrients
- Micronutrients
- Supplements and other natural products

In this course, we will raise the following points:

- Benefits of physical activity
  - Canadian physical activity guidelines
  - Nutrition for active people
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**\$88,00**

## **NUTRITION FOR DIFFERENT STAGE OF LIFE**

**22 HOURS**

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Prerequisites:

- The basics of healthy eating
- Nutritional assessments
- Macronutrients
- Micronutrients
- Supplements and other natural products

In this course, we will raise the following points:

- Pregnant and breastfeeding women
  - Infants, child, and adolescents
  - Seniors
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**\$172,00**