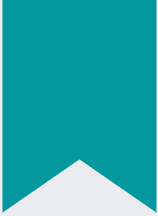



Diet Courses





A healthy diet is equal to Healthy Life. Let's lead a better and healthy life with the guidance from our expertly made Diet Courses

- **Diet & Nutrition Course**
 - **Nutritionist Training: Weight Loss in Weeks!**
 - **Diet Tips to Overcome Overeating Disorder**
- 

Course Content Overview

Diet and Nutrition



Course Coverage

The amount of food consumed by individuals is termed diet, while nutrition refers to how the food is utilised for metabolism and growth. We suffer from health problems when we do not consume a balanced diet and lack nutrients. This Diet and Nutrition course will teach you how to maintain a healthy lifestyle through proper diet and nutrition.

You'll comprehensively understand diet and nutrition concepts and their functions in this course. In addition, you will learn when to consume macronutrients and micronutrients. Diet and Nutrition emphasise food digestion; this programme will give you a comprehensive understanding of it. Furthermore, our Diet and Nutrition course will teach you what foods to eat based on your age and health status, the impact of various vitamins on your health, and the role of supplements on your health. Last but not least, you will receive appropriate dietary recommendations and many more.

Some expert course designers have designed this "Diet and Nutrition" course to provide you with the best learning experience possible. Our goal is for you to learn and apply the lessons from this course to improve your health and make you an expert in this subject.

No further delay. Enrol Now!

Module One: Nutrition and Diet

In this lesson, students will learn about the basic aspects of foods, diets and nutrition. Also, students will learn about malnutrition, functions of foods and nutrition and many more.

Key Topics:

- Understand Food and Nutrition and their roles in our daily life
- Learn about Nutritional Status
- Understand Malnutrition
- Concept of Diet and Nutritional Care
- Learn about the Functions of Food
- Identify the Functions of Nutrients



Module Two: Calories, Proteins, Fats, Carbohydrates - The Macronutrients Explained

In this lesson, students will learn what nutrition is and why it is essential. Students will also have in-depth knowledge about the different types of macronutrients, such as calories, proteins, carbohydrates and dietary fats, regarding when and how often they should consume them.

Key Topics:

- Definition and Importance of Nutrition
- What Is Macronutrients
- Calories Explained
- What Is Protein: Explained
- How Much Protein Does Your Body Need?
- When & How Often Should You Consume Protein
- What Is Dietary Fat: Explained
- How Much Fat Does Your Body Need
- When & How Often Should You Consume Fat
- What Are Carbohydrates: Explained
- The Different Types of Carbs
- How Many Carb Does Your Body Need
- When & How Often Should You Consume Carbs

Module Three: Micronutrients: Small Intake, Big Impact

The lesson aims to elaborate on our body's small and large intake of micronutrients. Additionally, you will learn about vitamins, minerals, trace elements, supplements, fibre and special nutrients.

Key Topics:

- Vitamins
- Minerals and Trace Elements
- Dietary Supplements
- Health Supplements
- Special Nutrients
- Fibre

Module Four: Energy Metabolism

During the growth and reproduction process, as well as maintaining their structures and responding to their surroundings, all living organisms require energy to survive. In a nutshell, metabolism is a chemical process essential for organisms' survival. It constantly transforms the chemical energy stored in molecules into energy cells can use to perform their functions. This lesson has been designed to comprehensively understand the human body's energy metabolism in a fun and engaging way.

Key Topics:

- Energy Metabolism Explained
- Aerobic vs Anaerobic Energy Metabolism

Module Five: Food Digestion

Understanding food digestion is one of the most important aspects of Diet and Nutrition. To become an expert in Diet and Nutrition, you must thoroughly grasp the concept of food digestion. In this lesson, you will learn how the human digestive system works in different types of food consumed.

Key Topics:

- Digestion Introduction
- Carbohydrate Digestion
- Protein Digestion
- Fat Digestion

Module Six: Supplements

Supplements are available in various forms, including Whey Protein, Creatine, Gummies, Fish Oil, Glutamin and many others. This module will teach you about different supplements and their influence on your daily diet and nutrition.

Key Topics:

- Supplement Introduction
- Whey Protein
- BCAAs
- Creatine
- Fish Oil
- Glutamine



Module Seven: Vitamins

We cannot imagine Diet and Nutrition system without vitamins. In this module, students will learn about vitamins, what they are, and how they influence our daily diets.

Key Topics:

- Why Multivitamins aren't good
- What happens when you overdose on vitamins
- Vitamin A Supplements
- Vitamin B Supplements
- Vitamin C Supplements
- Vitamin D
- Vitamin E
- Vitamin K

Module Nine: Nutrition Requirements from Pregnancy to Teenage

There is no doubt that pregnancy is a very crucial stage in a woman's life. In the same way, the teenage years are very important for a person. When a teenager grows up or a woman in her pregnancy, the body needs special care to function at its best. In this module, students will learn about pregnant women's and teenagers' diets and nutrition requirements

Key Topics:

- Nutrition in Maternity and Lactation
- Nutrition in Babies and Preschool Children
- Nutrition in School-Age Children and Teenagers

Module Ten: Nutrition Requirements for Adults and Various Groups

Throughout this lesson, we will introduce students to various diets and nutrition practices common to multiple groups of people, such as adults, seniors, people who have been sick for a long time, and people from diverse ethnic and religious backgrounds.

Key Topics:

- Nutrition and Early Origins of Adult Disease
- Nutrition in Adults
- Nutrition of Religious and Ethnic Groups

Module Eight: Balanced Diet

In this lesson, students will learn how to choose the foods for a balanced diet. Also, they will learn the features and the quantity of a balanced diet.

Key Topics:

- Which Foods to Choose?
- How Much to Eat?
- What Are The Features of a Healthy Balanced Diet
- Distribution of Nutritional Requirements in A Population
- Dietetic Planning

Module Eleven: Eating Disorders

You will learn in this lesson about the signs of eating disorders and why people suffer from these problems. Additionally, we will find out in this lesson how the eating disorder is developed and how to prevent the situation.

Key Topics:

- Defining Eating Disorder
- Eating Disorder Types
- Signs of Eating Disorders
- Reasons Why People Suffer From Eating Disorders
- Causes Behind Eating Disorders?
- Preventing Eating Disorders
- Treatment for Eating Disorders

Module Twelve: Diet and Nutrition-Related Diseases

You will learn about different diseases like obesity, underweight, cancer and cardiovascular diseases and how to prevent those through healthy nutrition habits.

Key Topics:

- Overweight and Obesity
- Underweight and Negative Energy Balance
- Nutrition and Cancer
- Diet and Cardiovascular Disease
- Adverse Reactions to Food and Inborn Faults of Metabolism

Module Thirteen: Use of Nutrition in Different Illnesses/Diseases

This lesson aims to identify the usage of nutrition in different diseases. The module elaborately discusses the nutrition requirements for various health conditions and challenging situations in our bodies.

Key Topics:

- Nutrition in Infections and Fever
- Nutrition in Diseases of the Gastrointestinal Tract
- Nutrition in Diseases of the Liver, Gallbladder and Pancreas
- Nutrition in Immune System Dysfunction, AIDS and Allergy
- Nutrition in Stress, Burns and Surgery

Module Fourteen: Diet and Nutrition in Special Conditions

In this lesson, you will learn about different types of diet plans, such as the DASH diet, the MIND diet, the gluten-free diet, and the FODMAP diet, as well as how to follow them and who should follow them.

Key Topics:

- DASH Diet
- MIND Diet
- Gluten-Free Diet
- Low FODMAP Diet

Module Fifteen: The Role of Nutritionist

This lesson will explain all the good qualities a nutritionist should possess and how nutritionists treat their patients precisely and accurately.

Key Topics:

- Introduction
- The Qualities of a Good Nutritionist
- Psychological Factors
- Barriers to Understanding
- The Nutritional Consultation
- Weight Reduction & Exercise
- The Tools in Nutritionist Belts

Aims of The Training:

By the end of the course, you will be able to -

- Get a basic understanding of foods, balanced diets, and nutrition
- Explore aerobic vs anaerobic energy metabolism
- Find out what a balanced diet consists of and how much of it should be consumed daily
- Discover the causes and prevention of eating disorders
- Learn how to prevent some fatal diseases through healthy nutrition habits and many more



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Course Content Overview

Diet and Weight Loss Coaching



Course Coverage

When dealing with weight problems, losing weight can be incredibly frustrating. Being overweight disrupts the body's structural balance, which negatively impacts one's health. We developed all the weight loss hacks in this course with the perfect diet plan.

This course teaches you how to live a healthy lifestyle by following a few simple healthy diets and how to live a healthy lifestyle. If you are unsure which muscle-building or weight-loss tools to use, we can help by suggesting the right tools. We will teach you how to build muscle and burn excess fat by exercising. Additionally, you can select a diet plan based on your individual needs since different people face different challenges.

Our course will be a full bundle as a meal plan to lose weight, everything in one course, regardless of whether it is your own weight loss journey or you are a nutritionist. With our industry-standard, complete "Diet and Weight Loss Coaching" course, you'll learn all the benefits of losing weight too, with proper guidelines for doing it in the right way.

Enrol Today!

Module One: Meal Planning and Meal Timing

This lesson will teach you how to choose healthy foods for your meals. When and what to eat at breakfast, lunch, or dinner will be explained. The purpose of this module is to assist you in preparing your meal plan optimally. Additionally, we will share some proven dietary strategies and healthy habits with you.

Key Topics:

- Why Should You Do Meal Planning?
- What Are The Healthy Meals?
- How Should You Plan Your Meal Intake?
- All About Meal Timing
- Scientifically Established Dietary Habits and Strategies



Module Two: Helping Clients Lose Weight

This lesson will teach you how to maintain a balanced diet and take diet breaks correctly. In this lesson, you will learn how to maintain a healthy diet.

Key Topics:

- Determining Calorie Needs
- The Science Of Successful Weight Loss
- Breaking Through Fat Loss Plateaus
- Explaining Unexpected Weight Changes
- How To Take Diet Breaks Correctly
- Adopting Active Lifestyles
- Benefits of Exercise in a Weight Control Programme

Module Three: Helping Clients Build Muscle

The lesson aims to help clients build muscle. You will learn how to advise clients about muscle building, eating habits, and dieting.

Key Topics:

- How To Create A Muscle-Building Diet
- The Perfect Pre-Workout Meal
- The Perfect Post-Workout Meal
- The Best Muscle Building Foods
- Foods To Boost Testosterone

Module Four: Tools to help you Lose Weight

Obesity has become so widespread that almost everyone seeks ways to lose weight today. In this module, we will first clarify some misconceptions regarding weight loss and then share some practical weight loss strategies. This module should be helpful to everyone who wants to lose weight or who wants to become a weight loss diet coach.

Key Topics:

- Myths and reality about weight lose
- Tools and Habits to Help You Lose Weight
 - 20-Second Rule
 - Making an announcement for losing weight
 - Accountability partner and support group
 - Small wins – lose weight little by little
 - Will power and your weight
 - Sleep and Weight Loss
- The Best Ways to Sleep While Losing Weight

Module Five: Optimal Diets for Athletes

In this lesson, we will focus on providing a comprehensive understanding of optimal diets for athletes. You will also gain a better understanding of the process of strength training & how the endurance diet works.

Key Topics:

- Diets for athletes: An Overview
- Strength Training
- Endurance Training

Module Six: Ketogenic Diet: Learn to Lead a Low-Carb Life

The ketogenic diet has gained a lot of popularity in recent years. As a result of studying this module, you will develop a clear understanding of the Keto Diet. As well as learning about different types of Keto Diets, you will be able to create a list of food items that you should include in your keto diet.

Key Topics:

- What is the Ketogenic Diet?
- Different Types of Ketogenic Diets
- Ketosis and Ketones
- Foods Included in a Ketogenic Diet
- Ketogenic Diet Supplements

Module Seven: Keto Meal Plan

This module aims to explain how you can prepare a healthy Keto Meal Plan for one week. In addition, this module will provide a detailed discussion of the benefits and disadvantages of a ketogenic diet.

Key Topics:

- 1-Week Sample Keto Meal Plan
- The Pros And Cons of the Ketogenic Diet

Module Eight: Mediterranean Diet: Spice-up Your Life

In this module, you will be able to learn everything you need to know about the Mediterranean diet. Additionally, the module describes the benefits of the Mediterranean diet and walks you through a seven-day diet plan.

Key Topics:

- What is the Mediterranean Diet
- Health Benefits of the Mediterranean Diet
- 7-day Meal Plan for Mediterranean Diet



Module Nine: Okinawa Diet: The Japanese Way of Living Long

The purpose of this lesson is to provide an explicit discussion of the origins of the Okinawa diet. This course will also cover the basics and benefits of the Okinawa diet, a Japanese way of long-term living that focuses on a balanced diet.

Key Topics:

- The Origin of Okinawa Diet
- The Basic Okinawa Diet
- Importance of Okinawa Diet

Module Ten: Adjusting Your Diet For Weight Loss

This module will teach you how a proper diet plan can help you maintain a healthy weight.

Key Topics:

- Questions to Ask Before Creating a Weight Loss Plan
- Calorie Target
- Healthy Weight Loss Diet Tips
- Get Portion Smart
- Eat Mindfully
- Control Your Eating Triggers

Module Eleven: Tips for Attracting Clients as a Nutritionist

This lecture will provide some advice for attracting new clients. Whether you are just starting out as a nutritionist or have experience in the field, these tips will help you attract more clients.

Key Topics:

- The Golden Rule
- Start with your FnF!
- Become Active on Social Media
- Start Your Blog
- Donate A Package To Your Favourite Charity
- Regularly Publish Newsletter
- Email Marketing and Many more...



Module Twelve: Working with Clients

This lesson will help you work with your clients. You will learn how a client assessment will help you obtain information about your clients. This module will also teach you to set appropriate diet goals for your goals.

Key Topics:

- Client Assessment
- Client Interview
- How To Set SMART Dieting Goals

Additional Materials: A Meal Planning Ebook is Needed, which students can hang on their walls

Aims of The Training:

By the end of the course, you will be able to -

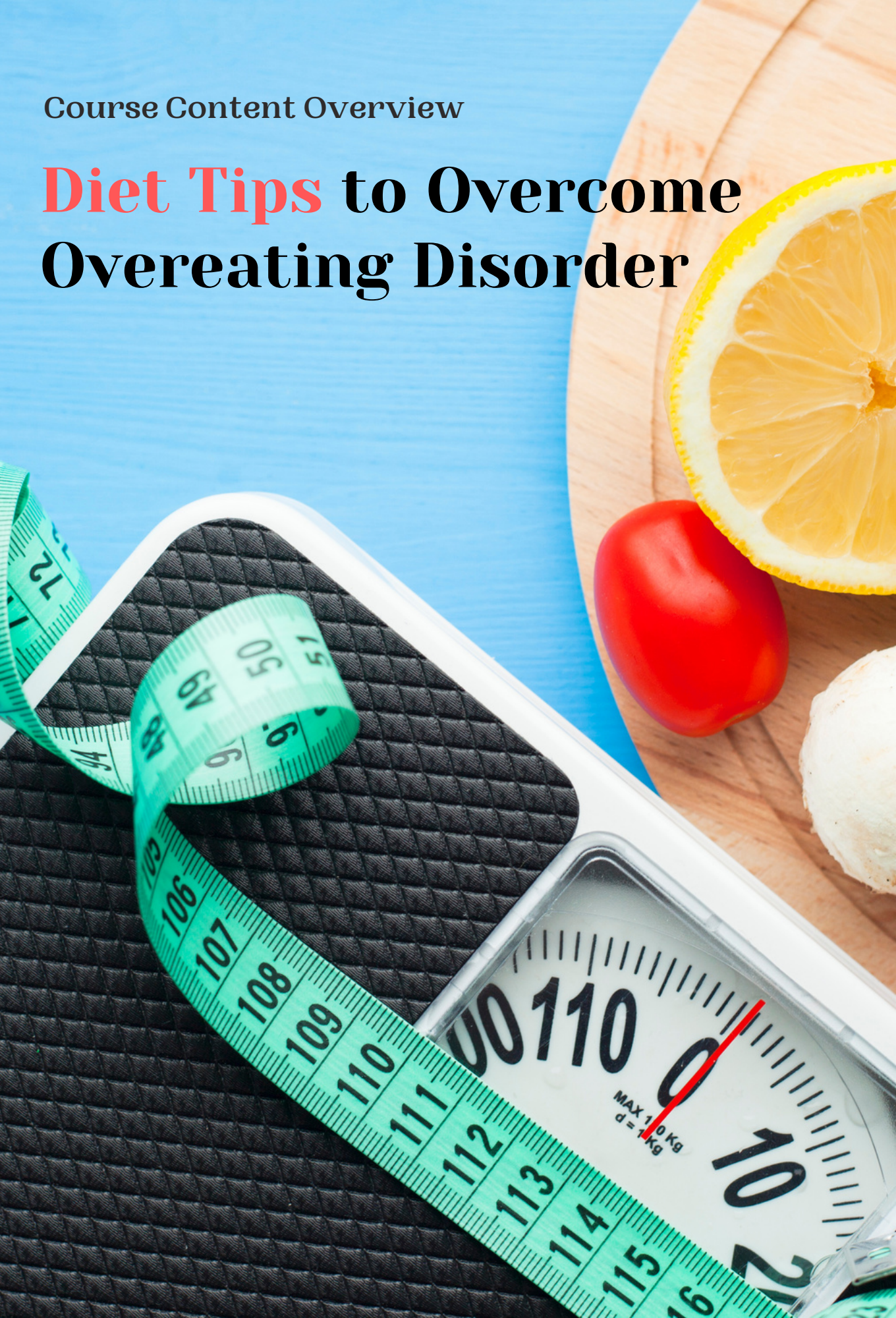
- Know everything about meal planning
- Discover the best diet for athletes
- Explore exclusive strategies to burn fat
- Know some easy-to-use weight-loss tools
- Understand the keto meal plan for Okinawa Diet and many more



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Course Content Overview

Diet Tips to Overcome Overeating Disorder



Course Coverage

Overeating is defined as consuming more calories than the body can utilise. The risk of developing chronic conditions, such as diabetes or heart disease, increases when you eat excessively. Getting rid of this disorder is a real struggle. Here in this course, you will get tips on conquering this overeating disorder and leading a healthy life.

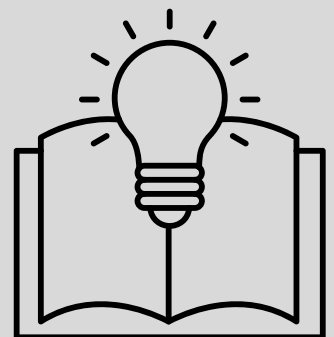
In this course, learners will learn the symptoms and treatment of compulsive overeating disorder and how to cope with it with a healthy diet. Furthermore, you will know the risk associated with overeating disorder. The techniques we teach will help you control your food urges, stop overeating, and lose weight in order to prevent weight gain. Our course instructor will assist you in identifying the root cause of this disorder and the most efficient remedy for it.

This comprehensive course will assist you in overcoming overeating disorders. This course will help you to manage your urge to intake excess food by following exclusive tips and tricks provided by the instructor.

Let's tackle the overeating disorder together. Enrol Now!

Key Topics That Will be Discussed In This Course:

- Introduction To A Healthy Binge-Free Lifestyle
- Terrifying Food Facts
- The Science Behind Overeating
- Signs Of Compulsive Overeating
- Why You Lack Control Around Food
- The Dangers Of Overeating
- The 10 Types Of Overeating
- Great Strategies To Prevent Overeating
- Overcoming An Overeating Disorder
- Diet Tips to Overcome Overeating Disorder-Final Ideas & Tips



Aims of The Training:

By the end of the course, you will be able to:

- Discover Food Facts
- Learn scientific explanation of overeating
- Identify the types and danger of overeating
- Learn the strategies to overcome
- Know the tips & tricks

