



## **Nutritional Consultant 140 Hours**

### **Overview**

Nutrition Consultant training provides students with an understanding of how food nutrition contributes to the prevention of illness and the promotion of optimal health. Students learn to conduct in-depth diet and lifestyle evaluations and to advise individuals on food plans customized to each individual's taste, temperament, and health goals. The fundamentals of whole food nutrition, digestive physiology, metabolism, nutritional biochemistry, and current research are presented. The nutritional terrain covered includes macronutrients, micronutrients, and phytonutrients, based upon current global research and application. Students are trained to work in the community in a wide variety of institutional, school, business, and private practice settings.

### **You will learn:**

- A bio-individualized approach to diet planning
- About high quality supplements as an adjunct to a nutrient-rich diet
- The skills of in-depth diet and lifestyle evaluation
- To understand and evaluate research studies and gather credible information to share with clients
- To prepare and deliver nutrition presentations
- Keys to developing a successful nutrition business

### **Outline**

#### **Nutritional Consultant Module 1**

- Understanding Nutrition
- The Nutrients in Foods
- Nutrition and Health Promotion
- Our Food Choices
- The Healthy Diet
- ABC's of Eating for Health
- Nutrient Recommendations
- The Dietary Guidelines
- Introducing Diet Planning Tools
- Anatomy for Nutrition
- The Digestive System
- Metabolism



**Nutritional Consultant  
Module 2**

- Simple Carbohydrates
- Complex Carbohydrates
- Guidelines for Choosing Carbohydrates
- Hypoglycemia and Diabetes
- A Primer on Fats
- How the Body Handles Fats
- Fat in the Diet
- The Function of Body Proteins
- Protein Quality of Foods
- Protein and Health
- The Vegetarian Diet

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Module 3**

- Two Classifications of Vitamins
- Minerals
- Antioxidant Nutrients
- Nutrients for Healthy Blood & Bones
- Vitamins, Minerals and Energy Metabolism
- Water Minerals and Fluid Balance
- Phytonutrients in Foods
- The Impact of Fluids on Nutritional Health
- Caffeinated Beverages
- Alcohol

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Module 4**

- Nutrition and Fitness
- The Components of Fitness
- Energy for Exercise
- Fuels for Exercise
- Protein Needs for Fitness
- Vitamins and Minerals for Exercise



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Module 5**

- Nutrition through the Life Cycle
- Pregnancy & Infant Health
- Early and Middle Childhood Nutrition
- The Importance of Teen Nutrition
- Nutrition in Later Life
- Food Safety
- Foodborne Illnesses
- Safe Food Storage
- Food Additives
- New Technologies on the Horizon