NUTRITION COACH CERTIFICATION

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HAS SUCCESSFULLY COMPLETED NUTRITION COACH CERTIFICATION

Course Content

Module 1: UNDERSTAND NUTRITION AND ITS EVOLUTION

Module 2: THE BASICS OF A HEALTHY AND BALANCED DIET

Module 3: FOOD CATEGORIES, FOODS TO AVOID AND COOKING METHODS

Module 4: DETOXIFICATION, ACID - BASE BALANCE AND GLYCEMIC INDEX

Module 5: GLUTEN, MICROBIOTA AND THE BRAIN, INTOLERANCES AND FOOD ALLERGIES

Module 6: NUTRITION FOR ATHLETES, THE ELDERLY AND CHILDREN

Module 7: METABOLIC SYNDROME, DIABETES, OVERWEIGHT, OBESITY AND EATING DISORDERS

Module 8: STRATEGIES AND RECOMMENDATIONS

Module 9: NUTRITIONAL ASSESSMENT AND PRACTICAL ADVICE

Module 10: FOOD SUPPLEMENTS AND HEALTH Y RECIPES

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