

The Joy of NUTRITION

Zoom Graphics

Lessons Include:

- Getting clear on your nutrition goals
- The Balanced Plate
- Understanding serving sizes
- Exercise for creating a balanced plate with your favorite meals
- Reading a nutrient facts label
- Fiber content in common foods
- Tips for cutting back on sugar-sweetened beverages
- Be on the lookout for hidden sugar foods
- Meal planning calendar with grocery list template
- Meal prep template
- SMART goal setting
- Resources for starting a career in nutrition

The Joy of Nutrition is a comprehensive program specifically designed for students interested in cutting through confusing nutrition science on the path to positively impact their own health and the health of those around them. As a bonus, our program would also be a solid first step to entering the high-demand Wellness Industry.



Course Objective: Learn Nutritional Fundamentals
Advised Direction: 10 Weeks

Modality: Online, self-paced, instructor-led
Total Charge: \$2,497 (scholarships available)

Zoom Sign Up Today at: zoomgfx.com