



The
Nutrition
Academy

Introduction to Nutrition

Study Nutrition Basics



Learning Outcome

Break old habits and create
a healthier lifestyle



Type of Study

100% online and self-paced



Duration

Up to 12 months

Is This Course For Me?

If you are new to nutrition and looking to create a healthier lifestyle, this course is where you'll want to start. Learn how to shift your mindset and make sustainable changes to your own health as well as those around you.

Learning Outcomes

This course simplifies the fundamentals of health and nutrition and is designed to help you develop a holistic relationship between food and your health based on a vitalistic philosophy. Break old habits and make informed decisions on the best foods for your body and lifestyle.

Course Delivery

The Introduction to Nutrition course is 100% online with no classroom time needed, so you can study when it suits you!

Introduction to Nutrition Course Inclusions

• Up to 12 months study duration • Email and phone support • 24/7 access to course material

Cost: \$297

Throughout the duration of your study, you'll have access to specialised assistance via email and phone from The Nutrition Academy team.

You'll also have 24/7 access to the course material, so you can study at a time that works for you.



WHAT YOU WILL LEARN: Introduction to Nutrition

The Introduction to Nutrition course includes 11 modules. The course is a great starting place if you are new to nutrition and are looking to break old habits and create a new healthier lifestyle.



MODULE 1: FOOD LABELS

Understand food labels. Find out how our food is processed and how additives, flavours and preservatives change our food and bodies.



MODULE 2: A HEALTHY PANTRY

Learn which foods to keep and which to find healthier alternatives for, and organise your kitchen for easier meal preparation.



MODULE 3: FOOD CHEMICALS AND WEIGHT

Every day we're exposed to chemicals throughout our lives. Understand how to decrease the chemical load within your body.



MODULE 4: THE TRUTH ABOUT SUGAR

Understand the difference between simply avoiding sugar and avoiding harmful foods and chemicals to achieve better overall health. Learn why 'calorie in, calorie out' is a myth.



MODULE 5: THE RIGHT PROTEIN FOR YOU

Determine the best protein source for both your body type and personal beliefs.



MODULE 6: FATS – THE GOOD, BAD AND UGLY

Learn about the different types of fats, the role they play in your diet, and their effect on the human body.



MODULE 7: FOOD, MOOD AND MIND CONNECTION

Understand the interdependence and connection of the body, mind and gut, and the effect different foods have on your body.



MODULE 8: HEALTH AND GUT ISSUES

Delve deeper into understanding more about the gut, how to avoid compromising it and how to restore it back to optimal health.



MODULE 9: IMPACT OF GMO FOODS

Learn all about the harmful and damaging effects that Genetically Modified Organism (GMO) foods have not only on the body but also to our environment.



MODULE 10: IMPACT OF SUPPLEMENTS AND MEDICATIONS

Understand how supplements and medications affect your body, and the difference between treating symptoms versus the root cause.



BONUS MODULE 11: WHERE TO NEXT?

Now that you've developed a foundational understanding of nutrition and health, have begun to make changes in your diet, health and lifestyle, you may be asking yourself... where do you go from here?

**Cyndi O'Meara****NUTRITIONIST AND FOUNDER OF THE NUTRITION ACADEMY**

Cyndi O'Meara is an internationally acclaimed nutritionist, best-selling author, international speaker, documentary creator and founder of Changing Habits and The Nutrition Academy. Cyndi is a passionate, determined and knowledgeable speaker on health issues and uses her experience to help others improve their quality of life.

Her qualifications include a Bachelor of Science degree majoring in Nutrition from Deakin University and the University of Colorado, as well as postgraduate studies in human anatomy, pathology and physiology, and diplomas in diagnosis and management of health issues.





“This course is just what I needed! I am naturally drawn to nutrition and the idea of healing through diet. I would love to coach and help others achieve their best possible healthy selves. I am now more than ready to move on to the Functional Nutrition course - would definitely recommend this introductory course.”

Kerry C. ★★★★★

“Cyndi’s passion for research into how and where food and supplements come from and are made is wonderful. It gives you a great understanding of the importance of clean eating and reading labels.

I really enjoyed getting a deeper perspective into the hidden chemicals that we are lead to believe are harmless.”

Rena C. ★★★★★

“I thoroughly enjoyed every aspect of this course. It has helped me to understand what I am putting into my body via foods, medications etc and how those things are impacting my health.

I am now more able to understand these effects and make far better choices.”

Jennifer E. ★★★★★

STUDENT REVIEWS



Want to know more about the Introduction to Nutrition course?

**View the video from our founder
Cyndi O'Meara using the QR code below.**



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