

# The Joy of Nutrition

Workforce  
Academy

## 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.

Objective: Learn Nutritional Fundamentals  
Advised Duration: 10 Weeks  
Modality: Online, Self-paced  
Total Charge: \$2497.00

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to begin your  
career, TODAY.

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