

Thursday, 06 July 2023

Health and Social Wellbeing Improvement

Nutrition Webinars

SCAN ME

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| | What is it about? | Who is it for? |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| Top Tips for a Healthier Weight | Healthy eating and lifestyle tips for weight management. | People living with overweight or obesity |
| Eating Well During Menopause | Healthy eating advice for during the perimenopause and menopause | Perimenopausal/ menopausal women |
| Gut Health | Basic diet and lifestyle tips for a healthy, happy gut | General public |
| Food & Mood | Explore the links between what you eat and how you feel | General public |
| Healthy Diet, Healthier You | General healthy eating advice and practical tips based on the Eatwell Guide | General public |
| Eating Well as You Age | Good nutrition for the later years including practical advice. | Older adults / family members or friends/carers |
| Nutrition for Sport | The basic fundamentals of sports nutrition to help fuel correctly & enhance performance. | Active/sporty individuals |
| Sustainable Diets | Tips to eat more sustainably to benefit health and the environment | General public |
| Fact or Fiction? Nutrition Myths & Fad Diets. | This webinar "busts" some of the most common myths about food - butter, coconut oil, sweeteners, honey etc. | General public |
| How to Save Money on Your Food Shop | Top tips for meal planning, cooking, budgeting and savvy shopping to save money on your food shop. | General public |

A series of free 30 minute webinars developed by Registered Dietitians and Nutritionists.

HSC Health and Social Care | Public Health Dietitians Group | HSC Public Health Agency
Project supported by the PHA

This flyer was produced by the Public Health Dietitians Group (PHDG) Northern Ireland in partnership with the PHA. The flyer publicises nutrition webinars that have been developed by registered nutritionists and dietitians, on behalf of the PHA, to support healthier eating for various audiences across Northern Ireland.

Details

Format

A4 2 pages

Target group

General public, healthcare professionals

Downloads

Attachment**Size**

[Nutrition Webinar Flyers PHDG.pdf](#) 5.02 MB

Tags

- [nutrition](#)
- [healthy eating](#)
- [dietetics](#)

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