

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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