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overview whatever you wanted to know about nutrition in this diploma course you will find it and upon completion you can advise people as nutrition advisor content what is a healthful diet ten well okay twelve superstar foods ten easy ways to cut calories better eating through chemistry carbohydrates a complex story powerful protein the lowdown on fat and cholesterol food and mood mighty minerals vigorous vitamins alcohol another form of grape and grain ten nutrition sites etc duration 12 months assessment the assessment will take place on the basis of one assignment at the end of the course tell us when you feel ready to take the exam and we ll send you the assignment questions study material the study material will be provided in separate files by email download link

unleashing the power of functional foods and novel bioactives guides readers to understand how the physiological effects of functional foods can optimize health and aid in specific disease outcomes and prevention the book examines the impact of functional foods on various aspects of health including but not limited to cardiovascular digestive cognitive metabolic bone and joint and ocular other sections examine functional foods can boost sports performance and manage inflammation finally the book explores lesser known bioactives derived from natural compounds and explores their potential health benefits while providing education on sustainable production methods and the safety and toxicity examines the relationship between functional foods and bioactives explores functional foods and bioactives for specific health conditions offers strategies for incorporating functional foods into everyday life to optimize health and nutrition assesses the safety and toxicity of functional foods and nutraceuticals discusses sustainable production practices including farming labeling and certification

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