



Diet & Nutrition Advisor Course



Average Salary

London	£29K
Midlands	£26K
Yorkshire	£25K
Wales	£23K
North East	£23K
South West	£27K
Scotland	£22K

Achieve a better career with a Diet & Nutrition Advisor Course

Diet and Nutrition Advisor course. We are, as a result of the hype and media play made aware of sensible eating habits and the need for eating healthy foods but there is a fear that the amount of information being pushed at us is just that bit too much! This course is aimed at enabling students to give clients clear, concise and no-nonsense advice, in an attempt to clear the minefield of information being given at present.

The course will touch areas including nutrients and the digestive system, weight control and management, diets for various populations and supplements. Designed to have the student research and think clearly, the course will give students those skills that will be essential when advising their clients.



- 10% off at Ben Sherman
- 15% off at Bench
- 15% off at Firetrap
- 10% off at JJB Sports
- 10% off at La Senza
- 10% off at Selfridges
- 40% off at Nicky Clarke Hair Salons
- 10% off at Oasis
- 25% off the student price at Odeon Cinemas
- £2.00 per hour off with BSM driving school

Student of the year competition:



Opportunity to be nominated for our student of the year competition

"Gaining accredited certification will add credibility to what I want to do"

Brad Terry
(Croydon, London)

"This course was fantastic from start to finish"

Cheryl Windsor
(Swindon, Wilts)

"A brilliant course, this subject is so interesting. Everyone should do it"

Jasmine Sahota
(Bradford, Yorkshire)

Level 3 Diet and Nutrition Advisor Award

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Diet & Nutrition Advisor Course

Diet & Nutrition Advisor Course Information

Course Duration & Fees

All students have one year to complete this course from date of registration.

Students are welcome to complete this course as quickly as they want to.

On average this course is completed in **140 hours (8/9 months)**.

Extensions can be arranged if students do not complete within the year and charges will apply.

We would ask you to contact our office on **0800 0131030** for latest extension fees if required.

We recommend that students complete **4-6 hours per week** as a minimum to get the most from this course. Remember to work out a study plan / timetable before you start and try and stick to it.

Hrs per week

Estimated Completion

4 hours	9 Months
5 hours	7 Months
6 Hours	6 Months
10 Hours	4 Months

Fees

[See website](#)

Syllabus

- The digestive system
- Lifestyle & its effects on diet
- Digestion and absorption of foods
- The concept of healthy eating
- Consultation & record cards
- Food energy values
- The Nutrient groups
- Metabolism & exercise
- The balanced diet
- Deficiencies & disorders
- Sources & functions of the nutrient groups
- RDAs and RNAs
- Meal planning & population groups
- Allergies & intolerances

Why UK Open College?

- Learn from home
- Affordable – Pay monthly
- All materials provided!
- Unlimited support!
- No previous qualifications required!
- No set term times – Enrol anytime!
- Total flexibility