

Group Program Outline – Nutrition for Busy People

Nutrition for Busy People

At the end of the session, participants will have reviewed:

Nutrition to fuel your body

Explore the role and examples of the following nutrients:

- Protein
- Carbohydrates
- Fibre
- Sugar
- Fat

Balanced plate

- Balanced meal ideas

Alcohol guidelines

Troubleshooting

- Lack of time
- How to make convenience foods more healthy

Label reading

- How to compare labels

Budget friendly meal tips

Balance while eating out

Dealing with food cravings

The real truth about weight