

SCAN ME



Nutrition Webinars



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Top Tips for a Healthier Weight

HSC Public Health Dietitians Group HSC Public Health Agency HSC Health and Social Care

Eating Well During Menopause

Gut Health

Food & Mood

Healthy Diet, Healthier You

Eating Well as You Age

Nutrition for Sport

Sustainable Diets

Fact or Fiction? Nutrition Myths & Fad Diets.

How to Save Money on Your Food Shop

What is it about?	Who is it for?
Healthy eating and lifestyle tips for weight management.	People living with overweight or obesity
Healthy eating advice for during the perimenopause and menopause	Perimenopausal/ menopausal women
Basic diet and lifestyle tips for a healthy, happy gut	General public
Explore the links between what you eat and how you feel	General public
General healthy eating advice and practical tips based on the Eatwell Guide	General public
Good nutrition for the later years including practical advice.	Older adults / family members or friends/carers
The basic fundamentals of sports nutrition to help fuel correctly & enhance performance.	Active/sporty individuals
Tips to eat more sustainably to benefit health and the environment	General public
This webinar "busts" some of the most common myths about food – butter, coconut oil, sweeteners, honey etc.	General public
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.

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Childhood Nutrition Webinars



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A complete guide to weaning and starting solids with your baby

Parents/carers who are ready to introduce solids to their baby



Top tips to deal with fussy eating, which can be common in childhood



Advice on a healthy well balanced diet, portion sizes and snacks for kids <5 years.

Parents/carers or those working with this age group



Healthy eating principles and top tips for during the primary school years. Based on the Eatwell Guide.



Nutrition and healthy eating during teenage years. Includes information on energy drinks, body image and lifestyle.

Teenagers / parents/carers or those working with this age group



Inspiration for healthy packed lunches and snacks including top tips

For families with school aged children

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