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Institute For Integrative Wellness

# Sustainable Nutrition 101

## Course Syllabus

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### Module 0: INTRO

Topics covered include:

- Welcome to sustainable nutrition 101
- How the course works
- Contacting your course instructor



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- Meet your instructor

## **Module 1: THE NUTRITION FUNDAMENTALS**

Topics covered include:

- What is Protein and How Much Protein Do We Need
- All About Fats – Types, Role, Metabolism & Requirements
- All About Carbohydrates – Types, Role, Metabolism & Requirements
- What is Dietary Fibre – Everything You Need to Know
- Micronutrients Functions, Types, Benefits and More
- Phytochemicals foods: Optimising Phytochemicals in an Eating Plan
- The Functions of Water in the Body – Benefits of Drinking Water
- Fructose: The Good, The Bad, The Ugly

## **Module 2: THE MODERN NUTRITION PROTOCOLS**

Topics covered include:

- How diets really work
- The Paleo Diet
- Intermittent Fasting
- Carb Backloading
- Carb Cycling



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## **Module 3: THE ADVANCED NUTRITION PROTOCOLS**

Topics covered include:

- The Ketogenic Diet
- The Elimination Diet
- The Detox Diet
- The Metabolic Repair Diet

## **Module 4: SPECIFIC NEEDS NUTRITION**

Topic covered include:

- All About Plant-Based Diets
- Nutrition for the Young, Women and Older People
- Disordered Eating And Eating Disorders – What You Need to Know
- All About Autoimmune Disorders

## **Module 5: LIFESTYLE MANAGEMENT**

Topics covered include:

- The Importance of Sleep: Everything you need to know
- Exercise Nutrition: Nutritional Recommendations to Maximise Results
- What You Should Know About Stress and Its Effects On The Body



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## **Module 6: THE DIGESTIVE SYSTEM AND GUT HEALTH**

Topics covered include:

- The Missing Link to Achieving Great Results
- Food Allergies and Sensitivities
- Protocols & Supplementation

## **Module 7: SUPPLEMENTATION**

Topic covered include:

- The Base Supplements
- Creatine
- Advanced Workout Nutrition

## **Module 8: SPORTS PROGRAMMING**

Topics covered include:

- Nutrition for Endurance Athletes
- Nutrition for Physique Athletes
- Nutrition for Strength/Power Athletes



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## Module 9: TESTING YOUR KNOWLEDGE

- Course project
- Final Exam

