

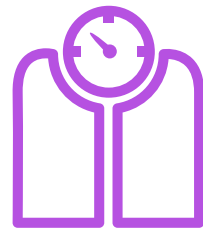
Regional Nutrition Information Sessions for the public - October

Simply scan the session QR code with a mobile device to register.
Zoom details will be sent upon registration.

All sessions are delivered by the Public Health Dietitians Group NI.
You will have the chance to ask a Registered Dietitian your questions.

Top Tips For a Healthier Weight

Learn more about healthy eating and lifestyle habits if you are overweight and want to lose weight.
We will discuss portion control, snacking, alcohol & takeaways.



Wed 6th
Oct @
1pm

Tues 19th
Oct @
6.30pm



Nutrition For Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Nutrition Myths & Fad Diets

There are so many nutrition trends and fads in the media it can be hard to know what to believe.
Our dietitian will "bust" some of the most common myths about food.

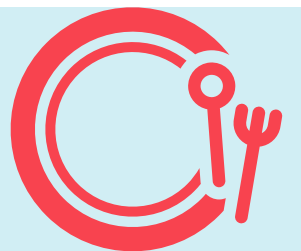


Wed
20th Oct
@ 12pm

Thurs
21st Oct
@ 2pm



Feeding Under Fives



Find out more about nutrition for toddlers and children under 5 years including

- Why good nutrition is important
- Different food groups including why our toddlers need them and portion sizes
- Suitable drinks and snacks

Pre-recorded sessions are available to access on demand at <https://vimeo.com/showcase/8198914>