

Regional Nutrition Information Sessions for the public - December

Simply click the link or type into a browser 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.

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



Mon
6th Dec
@ 11.30am

Wed
1st Dec
@ 11am

Food and Mood

This webinar looks at healthy eating and the links between food and mood.



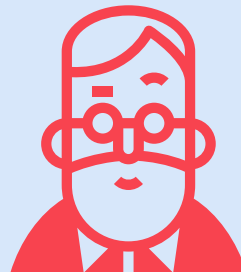
<https://tinyurl.com/under-5s-dec>

<https://tinyurl.com/food-mood-dec>

Eating Well as you Age

This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or friend.

Thur
9th Dec
@ 10am



Wed
8th Dec
@ 12.30pm



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.

<https://tinyurl.com/eat-age-dec>

<https://tinyurl.com/teenager-dec>

Pre-recorded sessions are available to access on demand at <https://tinyurl.com/NutritionWebinars>