

# Regional Nutrition Information Sessions for the public - January

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.

## 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.

<https://tinyurl.com/toptips-weight-jan>



Wed  
5th Jan  
@ 6:30pm

Wed  
12th Jan  
@ 11am



## Feeding Under 5s

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

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

## Introduction to Solids

Perfect for anyone thinking about or who has recently started introducing solids to their baby.

<https://tinyurl.com/introsolids-jan>



Thur  
13th Jan  
@ 10am

Wed  
26th Jan  
@ 8pm



## Nutrition For Sport

Perfect for anyone who wants to find out more about fuelling their body for sports and exercise.

<https://tinyurl.com/nutrition sport-jan>

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