



IYO® INTERNATIONAL NUTRITIONIST

Upon completing this course, IYO® International Yoga Organisation provides IYT® International Nutrition Teacher, 8 certificate copies, which is beneficial in getting Nutrition faculty/expert, International Lead Diet & Nutritionist jobs in Govt sector & in Private sectors. Also, IYT® certification is valid in 195 countries.

For more, information, please read the IYT® benefit presentation manual from IYO® International Yoga Organisation.

IYT® COURSE CURRICULUM

The Dietary Guidelines
A Close-up on Carbohydrates
The Profile on Protein
Chewing the fat
Don't As-salt Your Body
In and Out with fiber
Vitamins and Minerals
Mighty Minerals: Calcium and Iron
Decoding a Nutrition Label
Restaurant Survival Guide
Trimming Down the Holidays
Getting Physical
The Gym Scene
Sports Nutrition
Fluids and Supplements
Diet and Cancer

Managing Diabetes
Don't Eat Your Heart Out
Going Vegetarian
Herbal Remedies and More
Eating Your Way Through Pregnancy
Exercising Your Way Through Pregnancy
Feeding the Younger Folks
Weight Management
Understanding Eating Disorders



Want more support? Contact our Member Support Team at yoga@iyoworld.com or at +91 9067238170