

4 CME Hours Accredited



المركز الطبي الدولي
International Medical Center



الأكاديمية
The Academy

BASIC NUTRITION DAY

Sunday, December 13 , 2020

6:00 - 10:00 PM

Online Session via  zoom

Fee: 150 SR

To register and pay please sign up through this link below

<https://www.imcacademy.net/signup>



Introduction

The introductory course in Nutrition will support attendees to understand the basic principles of achieving a healthy whole food diet and to gain an awareness of the connection between food and health on all levels of your being.

It will enable them to make choices for their own health and lifestyle and those of friends and family. Making the links between nutrition and health and looking more in depth at specific conditions in relation to diet, you can begin to make lasting changes to your health.

This beginner's nutrition course is aimed at those who have little or no prior knowledge of the field of nutrition. We are all bombarded with daily nutrition reports within the media, stories of miracle foods, fad diets and supplements that claim to 'change your health forever!'

We aim to take you step by step through the basics of 'Whole-food' and 'Healthful' nutrition, exploding a few myths along the way and embracing the amazing potential of healing the body through food. Once you have completed the beginners course you should be able to make clear food and lifestyle choices to support health through yours and your family's life stages.

Who Should Attend

- Physicians
- Nurses
- Medical Students
- Residents
- All healthcare providers
- All people have an interest to learn about health nutrition practices

Topics to be discussed:

1. Optimal Nutrition for Optimal Health:

- How belly fat increase risk of chronic disease
- Shopping for health
- Comparison of popular diets
- Meal timing and frequency
- Role of exercise, stress and sleep

2. Nutrition support for the critically ill

- Nutrition requirements: energy, proteins, vitamins and minerals
- Enteral feeding
 - Surgery
 - Trauma
- Concerns with Enteral feeding

3. Nutrition role with cancer prevention and treatment

- Management of side effects of cancer treatment
- Increasing calories and protein intake
- Dietary recommendations for different kinds of cancer
- Cancer fighting super foods

4. The Influence of Nutrition on Health – Ideal nutritional choices

- How nutrition supports health
- Design a meal plan by learning food exchange list
- My plate and reading food labels

5. Principles of a Nutritionally Balanced Diet, with discussion about most trending nutritional theories

- Support your health with rainbow eating and whole real foods
- Sugar free for life and artificial sweeteners
- Prebiotic & probiotics
- VLCD

Nutrients in Focus

- Nutritional Support for Common Conditions
- Stress and psychosocial effects on
- Mental health
- Gluten sensitivity
- Blood sugar balancing
- Obesity and related chronic conditions

Case Studies

Invited Faculty

Ms. Amal Samha

Clinical Dietitian

International Medical Center, Jeddah

Ms. Sundos AL- Dabbagh

Clinical Dietitian

International Medical Center, Jeddah

Payment Terms:

- Kindly visit your trainee dashboard (<https://www.imcacademy.net/login>) and follow the steps as shown in Academy System.
- Choose your convenient payment type.
- PAY ONLINE for immediate confirmation of your seat.
- For Bank Transfer upload the copy of your transfer slip/invoice through the dashboard.
- Cash can be paid through IMC Academy Office.

- Certificates of attendance will be received through Academy System
- 10% discount for all the Silver Membership Card holder

Organized by:

Clinical Dietitian & IMC Academy, International Medical Center



For Further Information, Registration & Payments:

Please feel free to contact us at below listed details, it will be our pleasure to serve you from Saturday to Thursday, 8am - 5pm.

Ms. Rehaf H. Alfidiy

IMC Academy Registration Officer

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