

POSITIVE NUTRITION® COURSES

Not sure which Positive Nutrition course is right for you?

Use this course comparison chart to help you decide.

	Positive Nutrition for Life	Positive Nutrition 101
Self-paced	✓	✓
Taught by RDN	✓	✓
Taught by PhD		✓
Covers specific scientific topics like metabolism, nutrients, gut health, interpreting nutrition research, media literacy and busting nutrition myths		✓
Support outside of the course with private Facebook group	✓	
Covers mindfulness, body image work, Intuitive Eating	✓	Briefly
Covers practical application of scientific evidence	✓	✓
Walks you through the entire Intuitive Eating book	✓	
Geared toward helping you walk away from diets for good	✓	✓