



## Nutrition Education Modules

Have you ever wondered... Should I avoid gluten? How do I eat healthy on a budget? What options are the best to choose when eating out? These nutrition modules were created by registered dietitians to help give insight on today's most popular nutrition topics. There are a total of 11 videos, but they are divided into different topics

This program is completed entirely online. Computer, tablet, or smartphone is required to complete this program. Please note that if you are trying to view these videos on an INTEGRIS Health computer, it is recommend trying both Google Chrome and Internet Explorer to see which search engine you can best view the videos on.

### Module Descriptions:

- Plan, Purchase, Prepare, and Plate. This module will give insight on to how to easily plan nutritious meals, purchase healthful foods on a budget, prepare a nutritious meal on limited time, and how to eat more mindfully.
- Get the Facts. This module will give you the hard facts on some hot nutrition topics like gluten, supplements, and nutrition labels.
- How to Navigate. This module will help you better learn to navigate the grocery store, cafeteria, restaurants, and non-traditional stores.

This program is at no cost.

To view the videos please copy and paste the below link into google chrome.

<https://integrisok.wistia.com/projects/51nax5csqn>