

# Introduction to Nutrition, Health, and Wellness

As a health care provider, why do I have to take a Nutrition, Health, and Wellness course? Nutrition impacts every aspect of your health. In this learning activity we will discuss nutrition and the different nutritional therapies utilized in the management of gastrointestinal disorders. This learning activity will guide you to identify the function of food, understand the concepts of nutrition to support healthy eating and living, and develop skills to educate and promote health, wellness, and disease prevention with your clients.



## Health Promotion

For the body to function, maintain, and support optimal health and wellness, a client needs to consume adequate amounts of which substance?

# Nutrition And Wellness Study Guide

**DP Hallahan**

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