

Weight Management and Nutrition

Nutritional Approaches to Weight Management



- How personalized interventions with a dietitian optimize long-term success.
- An overview of different nutrition strategies for weight loss and improving cardiometabolic health, beyond calorie restriction.
- Why the best nutritional approach is the one that works for the long term and is tailored to the individual.

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Premium and Premium+ messaging services
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.

