



## Wholefood & Plant Based Nutrition

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### Summary

You will learn how eating a wholefood plant-based diet plays a crucial role in preventing and reversing disease. The course also provides information about research on gut health and the specific benefits of eating certain plant foods.

The beneficial effect of a wholefood diet on various diseases affecting different organs and body systems are discussed. Prevention and treatment of specific diseases are also covered including Cancer, IBS, Alzheimer's, Diabetes and Food Allergies.

Tips are provided to help transition to a wholefoods plant based diet and detailed information is given on how to avoid nutrient deficiencies. To bring it all together, there are some practical videos or demonstrations that help with practically implementing some of the recommendations to show you how easy it is to make healthy plant based substitutions.

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### Duration

**24 hours**

(12 contact hours & 12 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research and activities.

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### Learning Outcomes

By the conclusion of the subject, students will have covered:

1. The intrinsic value of a wholefood, plant-based diet for living longer in a healthy state, and which wholefoods can be beneficial to specific disease states.
2. The identification and importance of nutrient-dense plant foods & defining powerhouse fruits and vegetables in this context
3. Phytonutrients/Phytochemicals, antioxidants and 'super' foods that play a crucial role in the immune system function
4. Learn which foods to both include and limit in heart and blood diseases, lung diseases, kidney and liver disease, IBS, digestive diseases, diabetes & food allergies.
5. Learn which plant- based wholefoods have unique healing properties and their actions within the body.
6. Gut Health – the importance of the microbiome and diversity in the diet
7. Understand the importance of acid/alkaline balance on health and disease
8. Steps for transitioning to a wholefoods, plant based diet and foods to include to prevent nutrient deficiencies.

Note: This subject also touches on the effects on the environment of eating meat and animal welfare however this is covered in depth in 'Food Production, Environment & Farming Methods' subject.

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### Assessment

This course is assessed via the following:

- Online Quiz 100%

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### Pre-requisites

Nil

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### Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

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### Compulsory Textbooks

Nil

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### Content

- Topic 1: Introduction and Vegan versus Wholefood
- Topic 2: Nutritional benefits – phytonutrients, antioxidants
- Topic 3: Foods that Boost immunity and other beneficial plant foods
- Topic 4: Heart and Blood Diseases
- Topic 5: Lung Diseases
- Topic 6: Kidney and Liver Diseases
- Topic 7: Cancers
- Topic 8: Digestive Diseases
- Topic 9: Other Diseases
- Topic 10: Weight management
- Topic 11: Gut health and supporting the microbiome
- Topic 12: Transitioning to a wholefoods plant based way of eating

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### Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

\*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing [info@naturecare.com.au](mailto:info@naturecare.com.au)

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### Continuing Education Credits

If you are attending this course as a CPE workshop, upon completion you will be issued with a certificate and letter for CPE Points.

Members of ATMS (Australian Tradition Medicine Society) can receive **12** Continuing Professional Education points for this Nature Care College CPE course.

