Joyful Eating Online Programs are self-guided, interactive programs for students to learn more about various topics like meal planning, grocery budgeting, intuitive eating, and more. You can do these on your own time.

- **GET COOKING**
  Learn the basic skills needed to excel with nutrition AND in the kitchen. Four part series with demonstrations and recipes.

- **IRRITABLE BOWEL SYNDROME**
  Learn how to manage symptoms associated with Irritable Bowel Syndrome, a common diagnosis with a variety of uncomfortable symptoms including gas, bloating, constipation, and diarrhea.

- **MEAL PLANNING & GROCERY BUDGETING**
  In this self-guided program, you will learn how to prepare meals for yourself on a budget, include the foods you love, & create a variety of nourishing meals.

- **JOYFUL EATING**
  Our life-changing approach to food, nutrition, and body image. This course will assist you in achieving food freedom & a healthy relationship with food, mind & body.

- **HEALTH AT EVERY SIZE®**
  What does Health at Every Size (HAES®) really mean? Define diet culture; identify sources of diet culture that may be hidden in your life; learn how to live a present life.

- **PLANT BASED**
  Learn the benefits of incorporating plant based foods. Explain nutrition considerations when following a plant based diet and learn tips to navigate the dining centers on campus and at restaurants.

- **INTUITIVE EATING & DIABETES**
  Learn how intuitive eating can help you manage your Type 2 Diabetes. Explore how to eat mindfully; why carbohydrates don’t have to be an enemy, and how to continue to include them; find a connection between how your body feels and your glucose levels.

- **MORE TO COME**
  Sports Nutrition; Body Respect: How to strive for body neutrality and body liberation; and more.