

ONLINE PROGRAMS FOR

JOYFUL EATING



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.

REGISTER ONLINE



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.

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PARTNERSHIP WITH ISU REC SERVICES FITNESS

