

Swiss Nutrition Academy – Nutrition School in Zurich

Professional courses in nutrition

Professional nutrition school in Zurich and Lausanne

Nutrition training in Switzerland - Realise your dream of becoming a nutrition trainer/consultant!

The **Swiss Nutrition Academy** runs a professional school for courses and seminars in the field of nutrition counselling. The Swiss Nutrition Academy in Zurich offers professional courses and seminars in various languages (German, English, Portuguese and Spanish). With small groups, personal and intensive support in nutrition counselling training is guaranteed



Food provides energy and building blocks for numerous substances that are essential for the growth, development and survival of all humans. This section begins with a brief overview of the processes of digestion and absorption. Through these remarkable processes, a variety of foods are converted into individual nutrients ready for metabolism. Each macronutrient (proteins, fats and carbohydrates) contributes to the accumulated energies, but ultimately the energy they provide is available for the work of the body's muscles and organs.



Nutritional counselling Nutritional assessment - the future of health

For health professionals, nutrition assessment is the first step in the nutrition care process. Who leads: the nutritionist. Their experience and specialisation are based on extensive training in nutrition. Do you also want to become an expert for a healthy, balanced lifestyle? Our nutrition training in Switzerland lays the most important foundations for this. If you want to become a professional nutritionist, you need to implement a successful nutrition plan. The assessment must include a complete food and nutrient intake, as well as the most important elements of biochemical values and information on the use of herbal supplements for the purpose of possible interactions between medicines and food. This is where our training as a professional nutrition coach comes into play. Competently and sensitively, our experts introduce you to the secrets of a conscious lifestyle. We teach you the basics of the nutritional counselling course to become a contact person for all nutritional questions and teach you how to pass on your experience appropriately.



Nutritional counselling, the most important points of health.

A balanced diet is not a matter of course. It is a challenge that we often do not feel up to. The way nutrients become an integral part of the body and contribute to its smooth functioning depends very much on the physiological and biochemical processes that control their action. These metabolic processes are known to be altered by acute and chronic inflammation.

During your training in nutrition, you will learn to recognise nutrition-related eating disorders. By gathering the necessary information from patients, you will develop a healthy eating concept tailored to their health.



Nutrition education, well-advised disease-related aspects

Nutrition assessment to prevent obesity, metabolic disorders, diabetes, cardiovascular diseases, etc. You need to master the basic concepts of health. This is where our training to become a professional nutritionist comes in. Competently and empathetically, our experts initiate you into the secrets of a conscious lifestyle. In the nutrition training, you will learn to recognise diet-related eating disorders. By obtaining the necessary information from the patient, you develop a healthy nutritional concept that is tailored to your physical complaints.



Nutritional counselling training in Switzerland, in the service of well-being

Continuing education in nutrition is not only about monitoring in case of illness. It is mostly in the service of health. In lectures, seminars and workshops you have the opportunity to pass on your knowledge and experience to others. In schools, for example, you make pupils aware of the benefits of a conscious lifestyle in the classroom, such as improved performance and concentration. In our nutrition training, you learn how to comprehensively prepare and pass on complex content.



Learning by thinking together - nutrition training at the Swiss Nutrition Academy

Food science is not a static subject. It lives from its complexity. It is closely linked to other scientific disciplines from which it develops its full competence. The most important aspect of training to become a nutrition trainer is interdisciplinary thinking. Indispensable for training as a nutrition trainer: a basis in the natural sciences, especially with biochemistry and anatomy. However, the social sciences are also part of being a successful nutrition trainer in order to develop the necessary competencies for assessment in the context of nutrition care.



Nutrition training, professional instead of amateur

Excellent food trainer training comes from excellent teachers. Many years of experience, relationships and a comprehensive background characterise our Swiss food trainer training. Whether nutrition counselling courses or further education in the field of nutrition - we do not make you an amateur! We make you a great expert!

Services offered by the School of Nutrition the Swiss Nutrition Academy:

Multiple Languages

Theory classes carried out in your native language.

Value For Money

10 % Discount from the second course at [Swiss Fashion Academy](#) , [Swiss Beauty & Hair Academy](#) & [Swiss Nutrition Academy](#)

Performance review & completion

Theory and practical grades, as well as graduation with a diploma or certificate

Qualified Teachers

Qualified teachers and exam experts;

Professional Training

Professional training in modules, making it easier to combine courses and workshops at the same time

Modern Facilities

Our Academies have bright rooms with modern and functional furnishings;

Small Groups

Small groups with intensive and personal support;

Practical Training

Consolidation and application of what has been learned through practical work;

Free Trial Lesson

Trial half-day without obligation;

Zurich and Lausanne

Central location in Zurich (Schwamendingen) and at Lausanne station.

Your next move - Choose one of the following options:

Course materials / Personal consulting

Use the contact form to request additional course documentation/information or to schedule an information session personally at our school.

Registration

Register now using our online form. The face-to-face courses have a limited number of places so secure your place in the next class.

The Swiss Nutrition Academy team will be pleased to welcome you to our facilities for a visit or to clear up any doubts. We also provide you with the opportunity to try out one of the course classes of your choice, free of charge and without obligation, so that you can get to know our teaching method and our facilities. This applies both to those who register in person and through our website.

Quality Seals

Experience since 2010



eduQua Certification eduQua is a Swiss quality certificate for further education institutions



Seal of approval from Kundenversprechen.ch

Feedback from our students and customers:

I am very satisfied! At the microblading course was a nice atmosphere and a very nice teacher

L.B.

I recommend this school to everyone. Super A good team, atmosphere and the people are nice.

R.W. from Bern

A pleasant atmosphere with excellent services and courses.

M.C. from Wollerau

Thank you for the first steps into the Swiss working world. It is and was not always easy but we were always supported and motivated by the management.

E.S. from Zürich

Good harmony and a super team. Services and courses are excellent.

E.T. from Zürich

Coiffure service is excellent..very competent professionals and very pleasant atmosphere

O.B. from Zürich

I am very satisfied, always bit of surprises, but I love that. No boredom ☐ and nice people too.

Super!

D.B.

I am thrilled, the staff is always so friendly and motivated!!! Am a monthly customer for 3 years and would never change again!!!

A.W.