

Coaching Course

COURSE NUTRITION COACH/ COUNSELLING

Professional training with theory and lots of practice in small classes

Nutrition Coach/Consulting

Swiss Nutrition Academy offers professional training in the health sector.

Our professional training in nutrition counseling guarantees you the complete course in just **12 months** . This training will provide you with the theoretical and practical knowledge to pursue your dream job.



Course Details

Our training program to become a nutrition consultant is aimed exclusively at people over the age of 18 who want to pursue a career in nutrition. No prior knowledge is required to take the course, as Module 1 in the field of medicine (hygiene, microorganisms in food and anatomy/physiology, etc.) starts from scratch and the other 6 modules provide an overview of the digestive system, nutrition assessment, nutrition, dietary supplements, menopause, lifestyle and the practice of nutrition counseling.



Swiss Nutrition Academy offers professional training in the field of health. In the field of nutritional advice, content is taught about correct and healthy nutrition and the prevention of illnesses. Health is a person's most valuable personal asset. Consequently, physical activity, mental relaxation and proper nutrition can reduce the possible risk of various diseases.



Target group for the course Nutrition Counselling/Coaching

The Nutrition Counselling course is aimed at people who want to learn a new profession in the health sector. This profession enables you to pursue various activities in the health sector, such as nutrition counselling, organizing workshops on nutrition, massage therapist, beautician, nursing, therapists, educators, athletes, old people's homes, kindergartens, as well as in the field of gastronomy and business.

Theoretical contents of the nutrition counselling course:

Hygiene, micro-organisms, cytology, anatomy, etc.

An overview of the digestive system

The macronutrients

Biochemistry of nutrition

Nutrition in different life goals and eating disorders

Nutritional assessment, diet, lifestyle diseases
Nutritional supplements,
The menopause Nutritional counseling in practice,

Practical contents of the nutrition counselling course:

Specialization in nutrition counseling
Understanding individual needs
How to conduct a consultation
Nutritional analysis
Physical examination
Planning the nutrition counseling process
Calculating and prescribing diets

Periodic assessment and completion of the nutrition coach/consultant course.

During the 'Nutrition Counselling' course, all content covered in the programme will be tested and graded in theoretical and practical exams. At the end of the Nutrition Counselling course, you will take a final exam (theoretical and practical). At the end of our Nutrition Counselling course, you will receive a diploma certifying that you have the specialist knowledge required to practise as a nutrition counsellor.

Next Course Dates

Course Details

Location

Zürich
Lausanne

Duration

12 Months

Start Date

27.08.2026

On request

Days & Times

Thursday

9:00 - 18:00

What's Included

Course materials and exam fee
Personal support from experienced instructors
Modern, practical techniques
Diploma upon successful completion

How to Enrol

- 1 Choose your payment option (Monthly Installments or Full Payment)
- 2 Select your preferred location
- 3 Choose your course start date and schedule
- 4 Select your payment method (Online Payment or Pay by Invoice)
- 5 Complete your registration and secure your spot

Course Fee

Complete package including course materials, exam fees

1 Choose Payment Option

Choose a payment option below to register for this course.

Monthly Installments

CHF824.58/ month
No fees or interest
Select monthly plan

Full Payment

CHF9'895.00
3% discount will be automatically deducted
Select full payment

Benefit from attractive discounts for nutritional and dietetic consulting courses

10% discount applied from the second course or seminar attended at the [Swiss Beauty & Hair Academy](#), including [Swiss Fashion Academy](#) and [Swiss Nutrition Academy](#) courses and seminars
3% discount for immediate payment of the entire course fee
Payable in monthly instalments without fees and interest

FAQ - Frequently Asked Questions

What are the requirements to subscribe the course?

At least 18 years old;
No prior technical knowledge (anatomy/physiology) is required as the initial modules will prepare you for the subsequent curriculum.

What does EduQua certification means?

EduQua is a Swiss quality certificate for education institutions. It promotes transparency, comparability and quality of continuing education programmes.

What discounts can you benefit from?

10% discount on a second course or workshop, whether on Swiss Beauty & Hair Academy, Swiss Fashion Academy, and Swiss Nutrition Academy.
3% discount applied on payment of the full amount before the beginning of the professional training (only valid for courses in-classroom longer than 1 month)

How do I get my Nutrition Counselling Diploma?

a final examination (theoretical and practical) is held. At the end of the nutritional counseling course, a diploma is awarded by the Swiss Academy of Nutrition

Your next move - Choose one of the following options:

Course documentation / Personal consultation

Use the contact form to request course documentation or make an appointment for a personal consultation.

Register

Register for the course now, especially as space is limited.

We will be happy to welcome you and take the opportunity to introduce you personally to our school! Take advantage of the opportunity to participate with us in a half-day session at the school, where you can meet us without any obligation.

Quality Seals

Experience since 2010



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



Seal of approval from Kundenversprechen.ch

More information



Nutrition Coach/Consulting

Our nutrition consultant program is for adults 18 and older—no prior knowledge needed. It covers basic medical principles, the digestive system, nutrition assessment, balanced eating, supplements, menopause, lifestyle, and practical counseling.



Food Seminar

The Swiss Nutrition Academy offers a seminar on Emotional Eating, Food Allergies, Intolerances, and Food Myths. Learn to manage emotional eating and understand the differences between allergies and intolerances, while debunking common food myths.