

Postgraduate Diploma

Nutrition in the Overweight
and Obese Population and their
Comorbidities in Diet Therapy





Postgraduate Diploma

Nutrition in the Overweight
and Obese Population
and their Comorbidities
in Diet Therapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obese-population-comorbidities-diet-therapy



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01

Introduction

In recent decades, health problems related to the increase of overweight patients, especially in the West, have gradually increased and, according to studies, this is largely due to poor diet and sedentary lifestyles. For this reason, the role of the nutritionist is fundamental as mediator and intervener so that the patient's health does not worsen. That is why TECH has designed a program tailored to your academic needs, which will allow you to get up to date on everything related to food, health and prevention of this type of cases. All this through a 100% online program that includes the best syllabus and hours of additional material to delve into those aspects that most interest you.



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By making the right choice, you will be only six months away from becoming a Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy"

Good nutrition is essential for a healthy and strong body. In fact, numerous studies have shown that a specific nutritional intake can be highly enriching for the prevention and treatment of certain diseases. Among them, overweight and obesity are two of the pathologies that can benefit the most from the intervention of a good nutritionist, which is why the role of this professional takes on special relevance, especially at the present time, when the cases of patients suffering from these diseases have increased worldwide.

TECH and its team of experts in Nutrition and Endocrinology have developed this Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy with the aim that the graduate can acquire a broad and updated knowledge on the subject that allows him/her to be updated on everything related to this food sector. Through an exhaustive, innovative and dynamic syllabus, you will be able to delve not only in the prevention of the disease, but also in the calculation of personalized plans, recommendations and follow-up of overweight or obese patients.

In addition, thanks to its convenient 100% online format, you can do it from anywhere, since the Virtual Classroom is compatible with any device with an Internet connection. In addition, all the content will be available from day one and can be downloaded for reference whenever you need it, allowing you to organize this academic experience in a totally personalized way.

This **Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Nutrition and Endocrinology
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



The best syllabus to get up to date in nutritional status assessment and calculation of personalized plans through a 100% online program"

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Plan your consultations and your multidisciplinary teams based on the latest developments in Diet Therapy thanks to this Postgraduate Diploma"

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

This program will give you the keys to calculate personalized nutritional plans taking into account all the patient's individual variables.

You will have clinical cases of real patients to put into practice your professional skills and develop your action strategies.



02

Objectives

Given the increase of cases of overweight and obese patients, the objective of this Postgraduate Diploma is to provide the graduate with the academic tools that will allow him/her, in only six months, to get up to date on everything related to the developments in Diet Therapy specialized in this field. This way, you can work with them with the confidence that you are working on the basis of the latest evidence and scientific advances in the nutrition sector.



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A dynamic and innovative way to achieve your academic and, therefore, professional goals is through this Postgraduate Diploma. Are you up for it?"



General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Dietitian-Nutritionist
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- Delve into the correct management of daily nutrition
- Examine the most common syndromes and symptoms related to nutritional problems

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You will increase your knowledge about Nutrition, being able to implement in your daily practice the most effective and innovative strategies of Diet Therapy”





Specific Objectives

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- Analyze patient's eating habits, as well as their problems and motivation
- Update nutritional recommendations based on scientific evidence for their application in clinical practice
- Prepare for the design of nutritional education strategies and patient care

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- Adequate assessment of the clinical case, interpretation of causes and risks
- Personalized calculation of nutritional plans taking into account all individual variables
- Draw up nutritional plans and models order to provide comprehensive and practical recommendations

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- Adequate assessment of the clinical case, interpretation of causes of overweight individuals and obesity, as well as its comorbidities and risks
- Calculate and individually prescribe the different models of hypocaloric diets
- Plan consultations and multidisciplinary team in obesity

03

Course Management

For TECH, having a quality teaching team is a fundamental requirement when offering any type of degree. The aim is for the graduate to be accompanied during the academic experience by professionals who can guide him or her along the right path through their own experiences and specialized knowledge in the subject. A plus of commitment to your growth, which will be reflected not only in the best syllabus, but also in the individualized tutoring that you can arrange whenever you want and need it.

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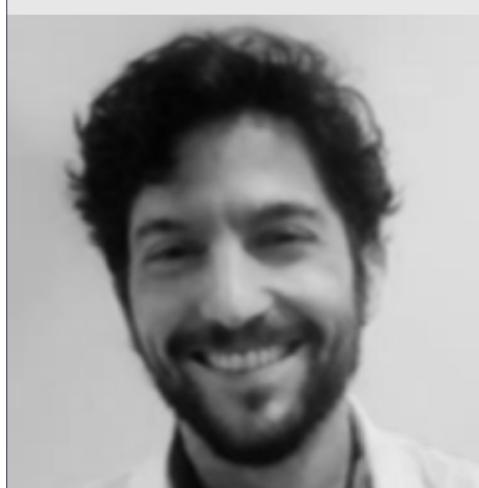
You will have at your disposal a teaching team specialized in Nutrition and Diet Therapy that will try to guide you and help you to get the most out of this academic experience”

Management



Dr. Vázquez Martínez, Clotilde

- Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Corporate Head of the Department of Endocrinology and Nutrition of the Jiménez Díaz Foundation and Quirón Salud Group
- Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- Coordinator Therapeutic Education Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



Dr. Sánchez Jiménez, Álvaro

- Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation HU
- Nutritionist at Medicadiet
- Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- Nutritionist in the Predimed Plus Study
- Nutritionist at Eroski
- Nutritionist at Axis Clinic
- Professor on the Master's Degree in Obesity and its Comorbidities. Rey Juan Carlos University
- Professor at the Course of Excellence in Obesity at the Fundación Jiménez Díaz Hospital – Novo Nordisk
- Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- Nutrition in the elderly, Complutense University of Madrid
- Nutrition and Sport for Professionals, Tripartite Foundation
- Refresher course on practical type 1 and 2 diabetes for healthcare professionals



Dr. Montoya Álvarez, Teresa

- Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- Attending Physician in the Endocrinology and Nutrition Department at the Ramón y Cajal Hospital
- Head of Volunteering at the Garrigou Foundation
- Degree in Medicine and Surgery from the University of Navarra
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid, Trisomy 21 Research Society

Professors

Mr. Martínez Martínez, Alberto

- Nutritional Advisor at Santiveri
- Dietitian responsible for the menu of children with food allergy. Gastronomic
- Dietician- Clinical Nutritionist at the University Hospital Antonio
- Degree in Human Nutrition and Dietetics. Fluminense Federal University
- Graduate in Human Nutrition and Dietetics at the University of Valencia
- Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

Dr. Gutiérrez Pernia, Belén

- López-Nava Obesity Nutritionist. Madrid
- Nutritionist at Medicadet, Slimming & Nutrition
- Dietician and Nutritionist in Research Projects of PREDIMED PLUS
- Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- Master's Degree in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

Dr. Fernández Menéndez, Amanda

- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation Jimenez Diaz Hospital
- ◆ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo (SERMAS)
- ◆ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ◆ International Cooperation in Health and Development in India (development of health projects in the field)
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Expert in Clinical Bioethics from the Complutense University

Dr. Alcarria Águila, María del Mar

- ◆ Clinical Nutritionist. Medicadiet, Nutrition and Health
- ◆ Clinical Nutritionist. Obesity López Nava
- ◆ Dietitian- Nutritionist. PREDIMED Plus
- ◆ Degree in Human Nutrition and Dietetics. Complutense University of Madrid
- ◆ Master's Degree in Sports and Education Nutrition. ICNS

Dr. Núñez Sanz, Ana

- ◆ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ◆ López-Nava Obesity Nutritionist
- ◆ Nutritionist at Medicadiet
- ◆ Dietitian and nutritionist freelancer
- ◆ Dietitian and nutritionist at Menudiet, S.L.
- ◆ Contributor on food and nutrition in Castilla La Mancha Television
- ◆ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Nutrition and Health at the Open Official of Catalonia

Dr. López Escudero, Leticia

- ◆ Dietitian and nutritionist Clinical Analysis
- ◆ Clinical Dietician and Nutritionist at La Hospital university Jiménez Diaz Foundation
- ◆ Dietician and Nutritionist at the University Hospital Infanta Elena
- ◆ Nutritionist at Diet La Clinic
- ◆ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Master's Degree in Nutrition in Physical Activity and Sport at the Open University of Catalonia

Dr. Sanz Martínez, Enrique

- ◆ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ◆ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- ◆ Researcher and collaborator in the NUTRICOVID study
- ◆ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

Dr. Labeira Candel, Paula

- ◆ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ◆ Sports and clinical nutritionist at Quirón Salud - Instituto de Sobrepeso y Obesidad
- ◆ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ◆ Sports nutritionist at C.F. TrivalValderas de Alcorcón
- ◆ Food and water quality analyst in the Andalusian Health Service
- ◆ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ◆ Bachelor 's Degree in Food Science and Technology
- ◆ Diploma in Human Nutrition and Dietetics
- ◆ Master's Degree in Sports Training and Nutrition at the European University of Madrid





Dr. Prieto Moreno, Ana

- Nutritionist in the Department of Endocrinology and Nutrition at Jiménez Foundation Hospital
- Nutritionist at Hospital General de Villalba and Infanta Elena Hospital
- Nutritionist at the Consejo Superior de Deportes, WWF, Medicadet and Sanitas Health Insurance Company
- Nutritionist at Hospital Universitario La Paz, Mapfre Foundation, Copernal Publishing and Diabetes Magazine
- Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- Master's Degree in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

Dr. Miguélez González, María

- Attending Physician of Endocrinology and Nutrition at the Jiménez Díaz Foundation. of Madrid
- Degree in Medicine from the University of Valladolid
- Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

04

Structure and Content

TECH has become one of the best online universities in the world, not only because of the wide range of degrees it offers, but also because of their high quality. This is possible thanks to the participation of the teaching team in the development of the syllabus and the use of the most avant-garde and effective pedagogical methodology, Relearning. Furthermore, as an added extra, each of the modules includes hours of additional high-quality material in different formats that provide versatility, dynamism and a practical character that makes the difference.



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In the Virtual Classroom, you will find research articles and complementary readings so that you can continue to expand on each section of the syllabus"

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
 - 1.2.1. Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
 - 1.5.1. Nutrition, Growth and Development
- 1.6. Adults
 - 1.6.1. Nutrition for the Improvement of Quality of Life
 - 1.6.2. Prevention
 - 1.6.3. Treatment of Disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
 - 1.9.1. Nutrition in Aging
 - 1.9.2. Changes in Body Composition
 - 1.9.3. Abnormalities
 - 1.9.4. Malnutrition
- 1.10. Nutrition in Athletes

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
 - 2.1.1. Individual Variables Affecting Nutritional Plan Response
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
 - 2.3.1. Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes

- 2.7. Quantity and Frequency of Food Consumption Recommendations
 - 2.7.1. Dietary Patterns
 - 2.7.2. Planning
 - 2.7.3. Distribution of Daily Feedings
- 2.8. Diet Planning Models
 - 2.8.1. Weekly Menus
 - 2.8.2. Daily Intake
 - 2.8.3. Methodology by Food Exchanges
- 2.9. Hospital Nutrition
 - 2.9.1. Dietary Models
 - 2.9.2. Decision Algorithms
- 2.10. Educational
 - 2.10.1. Psychological Aspects
 - 2.10.2. Maintenance of Feeding Habits
 - 2.10.3. Discharge Recommendations

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
 - 3.1.1. Precision Diagnosis
 - 3.1.2. Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
 - 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
 - 3.6.1. Nutritional Management in Metabolic Syndrome
 - 3.6.2. Insulin Resistance
 - 3.6.3. Type 2 Diabetes and Diabesity



- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
 - 3.10.1. Nutritional Adaptations

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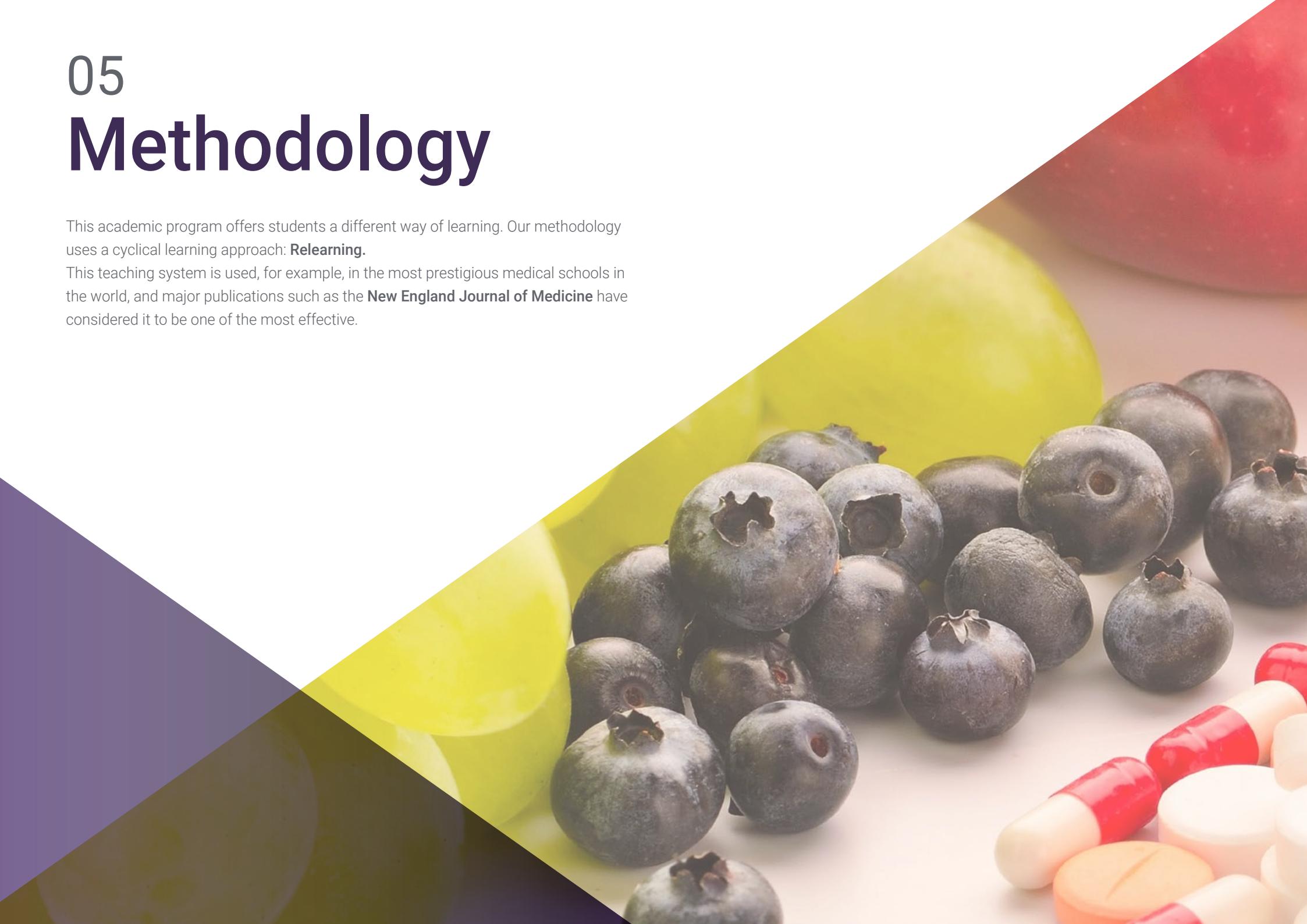
TECH gives you the tools and the keys; now it's up to you to make the decision. Do you want to join one of the largest educational communities in the world?"

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvás, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

The nutritionist will learn through real cases and by solving complex situations in simulated learning environments.

These simulations are developed using state-of-the-art software to facilitate immersive learning.





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

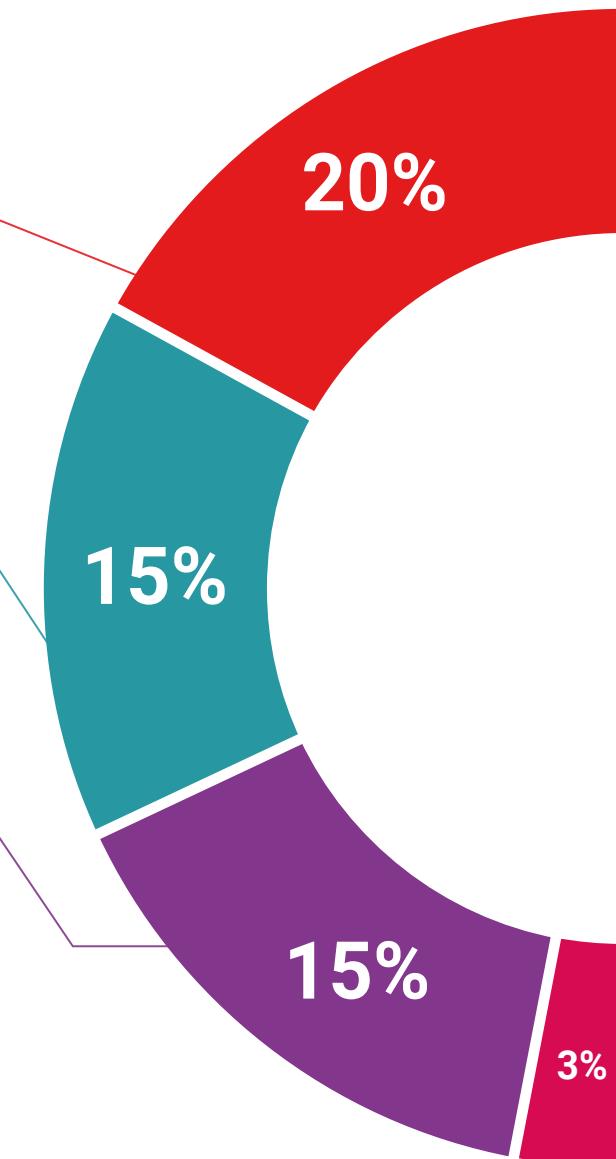
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

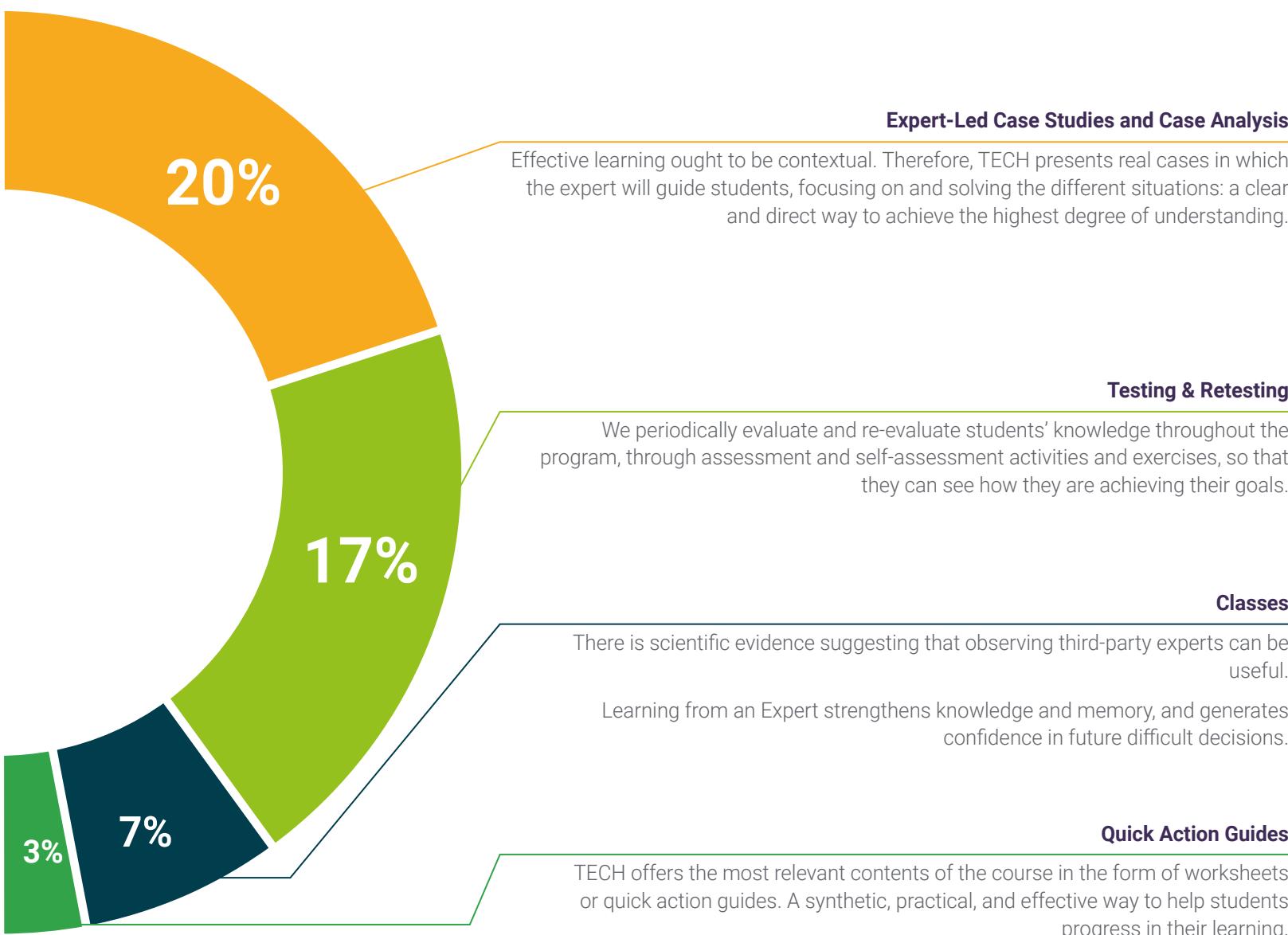
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





06

Certificate

The Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy guarantees students, in addition to the most accurate and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy**

Official Nº of hours: **450 h.**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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