

Erasmus project

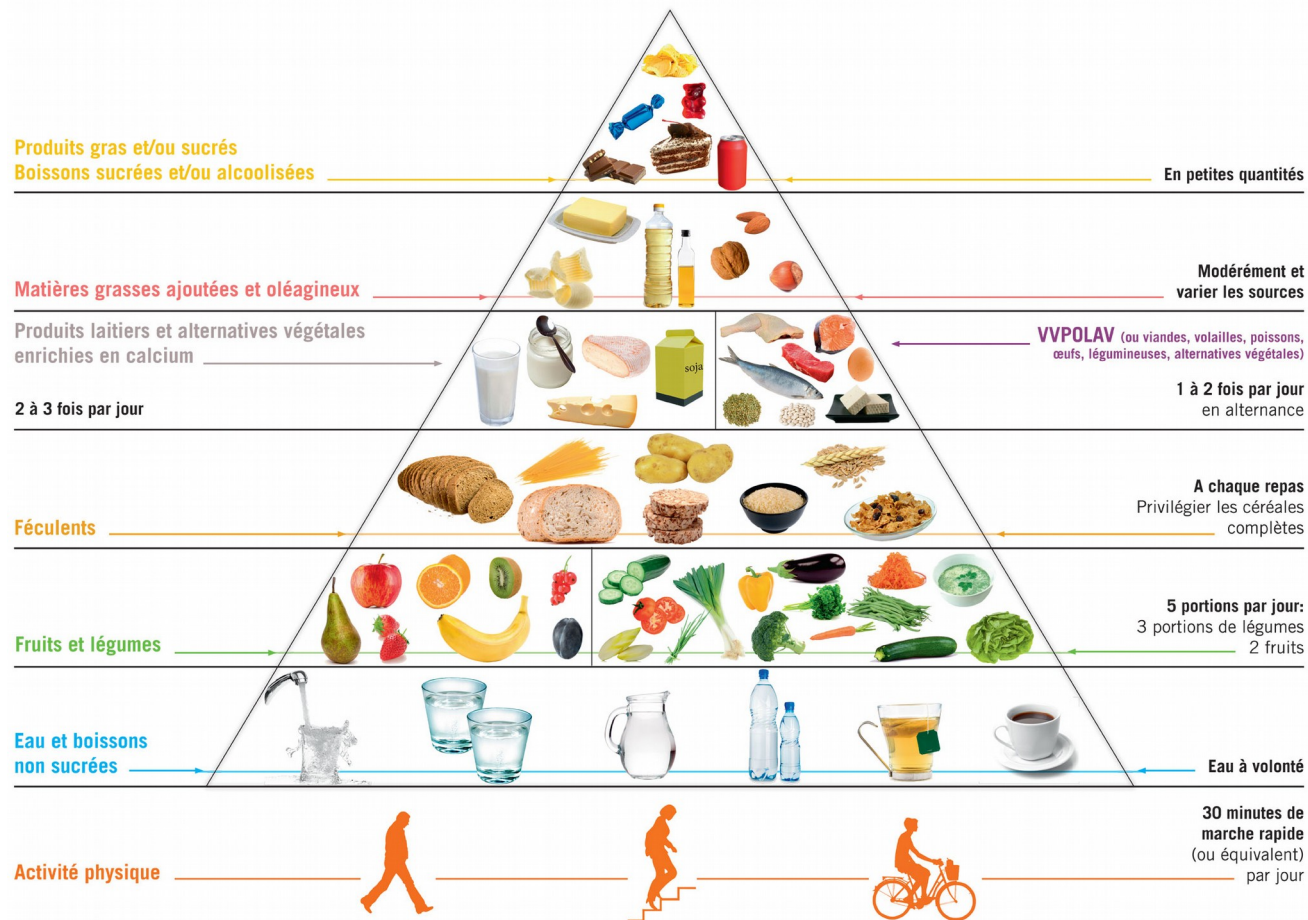
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- ## *The nutritionist*

- In France, a nutritionist is a doctor, we also speak of a nutritionist. He is a specialist in food and nutrition and therefore has an excellent knowledge of the benefits and harms of food and their effect on the body. Its roles are many.

Fruits and vegetables. Potato and corn. Whole grains. Legumes. White fish and seafood. Turkey ham. Skim milk and soy. Vegetable broths.



According to the World Health Organization (WHO), obesity is characterized by "an abnormal or excessive accumulation of body fat which can be harmful to health". It is therefore important to act. As such, the diet to lose weight offers recommendations for losing weight and maintaining a healthy weight. Its goal is to provide the body with what it needs, when it needs it. By focusing on the right foods to lose weight, you increase your chances of losing weight without frustration or deprivation.

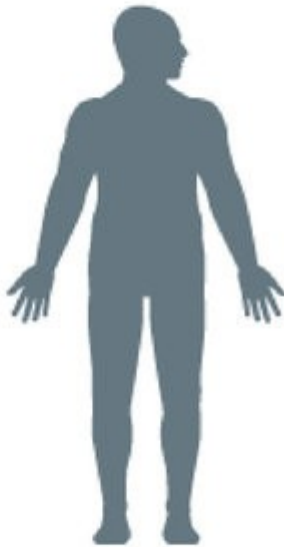


Nutritionist. The profession of nutritionist consists in preventing, detecting and taking charge of nutritional diseases (diabetes, obesity, etc.), nutritional therapeutics and diseases having an impact on nutrition. The nutritionist is a doctor with a diploma in nutrition.

DIFFERENT LEVELS OF OBESITY



Normal Weight
BMI: 18.5-24.9



Overweight
BMI: 25-29



Obesity Level 1
BMI: 30-34.9



Obesity Level 2
BMI: 35-39.9



Obesity Level 3
BMI: >40

Gluten-free, vegetarian, express diet ... Difficult to navigate in the diet jungle. Are you looking to shed a few pounds? Take the time to consult. A nutritional program adapted to your lifestyle will prevent relapse, in addition to the psychological support provided by an obesity specialist. As for choosing which... The nutritionist, if he is a doctor specializing in nutrition, can be reimbursed by Social Security and prescribe medication, supplements or exams, if necessary. The dietitian, on the other hand, is not a doctor, but a nutrition professional. It assesses your eating habits, your life and your needs in order to offer an adequate nutritional program, which it adapts to suit your treatment.



Bilan

we therefore conclude that a nutritionist is an important person, and that it makes it possible to eat well and to have a good health .