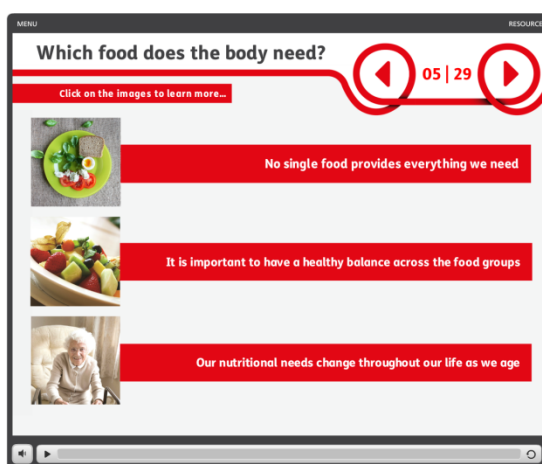




The role of good nutrition when caring for someone

Carers UK has teamed up with [Nutricia](#) to develop an e-learning course which aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.



Topics covered include:

- what is good nutrition
- our nutritional needs throughout life
- identifying and managing a nutritional gap in the person you care for
- ensuring you as a carer are meeting your nutritional needs

carersuk.org/e-learning

For more information contact us at: digital.products@carersuk.org