

## Online Diet Center-basic information

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### Introduction:

Online Diet Center is an online dietary clinic offering online consultations that can be used by adults and entire families with access to the Internet. The team of CDO consultants is made up of professionals including: a dietitian and a psychologist-psychodietician. The Online Dietary Center (CDO) was established as part of the National Center for Nutrition Education of the Institute of Food and Nutrition. The project is implemented as part of the National Health Program for 2016-2020. CDO was established in response to society's needs regarding access to free dietary counseling.

### Purpose:

The main goal of the Online Diet Center is to help people who need advice from a dietitian and want to increase their awareness of proper nutrition in everyday life. The Online Diet Center educates patients on the principles of healthy eating and physical activity and provides recommendations on nutrition for diseases based on a detailed interview.

### Summary:

The Online Diet Center supports both healthy people who want to assess whether their diet is appropriate and sick people for whom diet should be an element of treatment, especially when many different diseases occur at the same time. The Online Diet Center is available almost 12 hours a day, 6 days a week, including Saturdays. To sign up for consultations, you must register at the clinic: click [via the address: <https://cdo.pzh.gov.pl/consultancy/#/app/login>, fill out a survey that will allow you to tailor the scope of advice to the given needs in a more individual way. purpose and choose a convenient date in the calendar.

### Keywords:

Online Diet Center, CDO, diet, Internet



<https://cdo.pzh.gov.pl/consultancy/#/app/login>