

Nutrition Science for Health and Longevity: What Every Clinician Needs to Know



Essential Nutrition Knowledge for the Next Generation of Physicians

Updated for 2025

A clinical
nutrition course from the

Gaples  Institute

**NOW REQUIRED
in these world-class medical schools:**

Harvard University

Johns Hopkins University

Tufts University

University of North Carolina

Uniformed Services University

University at Buffalo

University of Texas Southwestern

University of Nebraska

Texas Tech

- Developed by an educational nonprofit with no commercial interests or dietary biases
- Condensed, evidence-based nutrition science, divided into four engaging, self-paced modules
- 20+ realistic clinical scenarios plus Interactive knowledge-checks with customized feedback
- Practical tools for rapid clinical implementation
- Direct links to 180+ medical literature references and printable reference lists you can keep
- Downloadable summaries, an interactive patient-education resource, and reproducible patient handouts

MODULE 1:

WHY NUTRITION MATTERS IN MEDICINE

- Why Poor Nutrition is a Health Crisis
- Clinician Self-Care and Important Ways to Maintain Resilience
- Nutrition and High-Potency Weight-Loss Drugs
- The Magnitude of Benefit Possible from a Healthy Diet
- Focus on Whole-Food Diets
 - Heritage Diets and Importance of Cultural Adaptations
 - Evidence of How Diet Can Improve Health Conditions Including Diabetes, Heart Disease, and More

Outline continued on next page 

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I have reviewed the entirety of the course and can attest that it is based on solid evidence that should be part of what every medical student learns.

– **Walter Willett, MD, DrPH**
Professor of Epidemiology & Nutrition, Harvard T.H. Chan School of Public Health

GROUP
DISCOUNTS FOR
MEDICAL SCHOOL
CLASSES AND
RESIDENCY
PROGRAMS

More than
8,000 clinicians
have enrolled.

97%

said it will change
their practice.

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I have taught nutrition to medical students, residents, and fellows for 45 years. How I wished I had had an educational tool such as this.

– **Neil Stone, MD**
Bonow Professor of Medicine, Northwestern University Feinberg School of Medicine

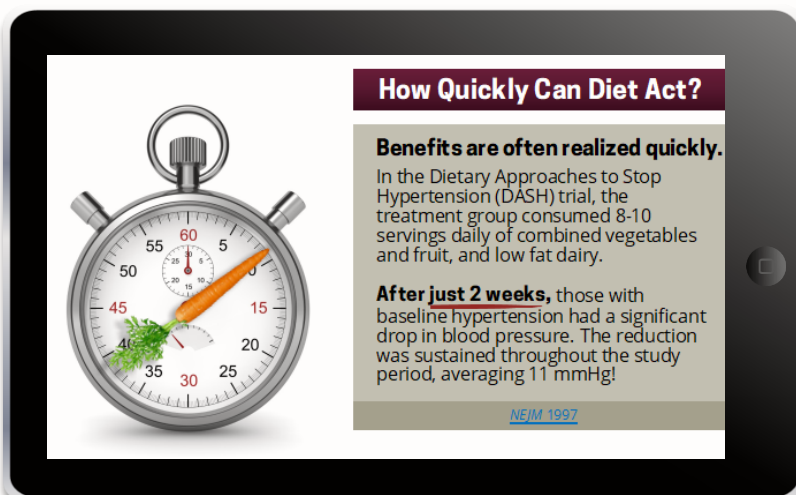


MODULE 2: DIETARY FATS AND PATIENT HEALTH

- Saturated Fats: Importance of Healthful Replacements
- Polyunsaturated Fats, Including the Forms of Omega-3 and What They Do
- Cholesterol: Sources and Health Risks
- Monounsaturated Fats and Their Effect on Health and Cardiovascular Risk
- Cultural Considerations for Dietary Fat Recommendations
- Oils and High-Temperature Cooking

MODULE 3: HELPING YOUR PATIENTS UNDERSTAND CARBOHYDRATES & PROTEIN

- Carbohydrates: Why They're Important and Key Dietary Sources
- Carbohydrates: Chemistry and Food Sources
- Understanding Glycemic Load
- What is a Whole Grain?
- Cultural Considerations for Whole Grain Recommendations
- Fiber: A Marker of Dietary Quality
- Alcohol and Health
- Dietary Protein: Availability from a Wide Variety of Food Sources
- Sodium and Calcium: Sources and Recommended Quantities



The Gaples Institute is an educational nonprofit that develops innovative educational programs highlighting the powerful role of nutrition and lifestyle in patient health. Because we don't accept corporate funding or adhere to any predetermined ideology, we are able to offer the very best in unbiased, evidence-based nutrition education for health professionals.

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Student skills in counseling standardized patients have improved noticeably now that they have

confidence in their knowledge of nutrition concepts and how they connect to disease and health.

As an educator, I appreciate the deliberate inclusiveness of a wide variety of patients, and fundamental grounding in updated evidence.

– **Deb Erlich, MD**

Master of Medical Education, FAAFP
Family Medicine Clerkship Director and
Associate Professor,
Tufts University School of Medicine

MODULE 4: COUNSELING YOUR PATIENTS ABOUT NUTRITION

Module 4 is a **capstone skill-building experience** to help you put into practice the nutrition knowledge gained in the previous three modules.

- Food Insecurity and Your Role as a Clinician
- Popular Diets: Definitions and Scientific Status
- The 3 Skills of Motivational Interviewing
- Counseling With Cultural Sensitivity and Adaptations
- Strategies for Rapid Nutritional Counseling
- How Clinician Resilience and Self-Care Affect Patient Care
- More than 20 patient Q&A scenarios covering a wide variety of clinical examples

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