



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



Your patients look to you for nutrition advice.

Learn to give them the answers they need—even when time is short.

Gain a solid foundation of nutrition essentials through award-winning interactive online CME/CEU that you complete at your own pace. It's clinically relevant nutrition science, with a focus on practical application, plus strategies for successful outcomes in busy clinical settings.

Immersive counseling scenarios will ensure your readiness and competence to address patients' nutrition questions.

More than **8,000 clinicians** have enrolled.

97%

said it will change their practice.

A COMPLETE TOOLKIT:

CME/CEU for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests or dietary biases
- 4 CME/CEU hours of evidence-based nutrition science, divided into four engaging, self-paced modules
- Essential nutrition concepts, with opportunities to dig deeper on the topics you need
- 20+ realistic clinical scenarios
- Interactive knowledge-checks with customized feedback
- Direct links to 180+ medical literature references (plus printable reference lists you can keep)
- Practical tools for rapid clinical implementation
- Downloadable summaries, an interactive patient-education resource, and reproducible patient handouts



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

“
Excellent course with important information for physicians. The interactive aspects of this were nicely done and will engage the participants.”

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

“
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

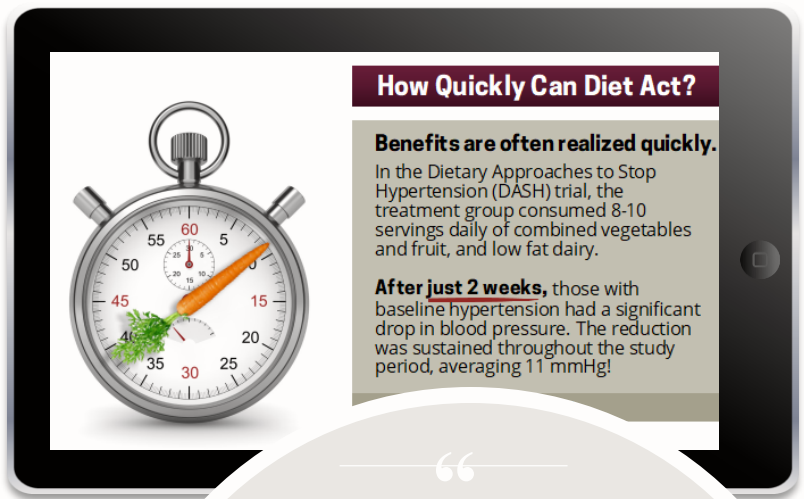
GROUP DISCOUNTS AVAILABLE FOR MEDICAL SCHOOL CLASSES AND RESIDENCY PROGRAMS

See an outline of each module



MODULE 1: WHY DOES NUTRITION MATTER TO YOU AND YOUR PATIENTS?

- 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



How Quickly Can Diet Act?

Benefits are often realized quickly.

In the Dietary Approaches to Stop Hypertension (DASH) trial, the treatment group consumed 8-10 servings daily of combined vegetables and fruit, and low fat dairy.

After just 2 weeks, those with baseline hypertension had a significant drop in blood pressure. The reduction was sustained throughout the study period, averaging 11 mmHg!

Patients are constantly requesting nutrition advice from their caregivers, yet most physicians and nurses lack the underpinnings of nutrition science. **This information is not only what every doctor needs to know, but is precisely what all patients want their doctor to know.**

— **Robert Bonow, MD**
Former President, American Heart Association; Goldberg Distinguished Professor of Cardiology, Northwestern University Feinberg School of Medicine

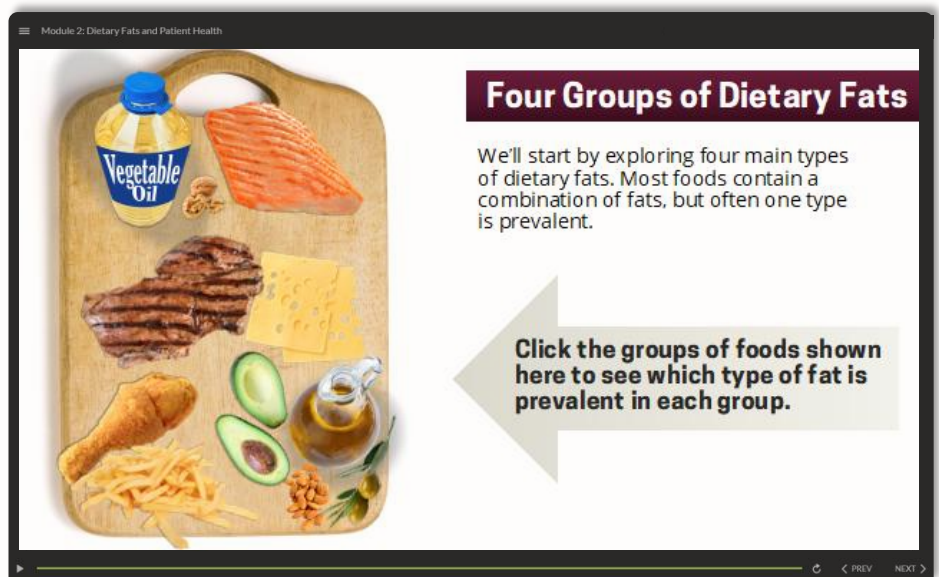
Student skills in counseling standardized patients have improved noticeably now that they have confidence in their knowledge of nutrition concepts and how they connect to disease and health.

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 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



Four Groups of Dietary Fats

We'll start by exploring four main types of dietary fats. Most foods contain a combination of fats, but often one type is prevalent.

Click the groups of foods shown here to see which type of fat is prevalent in each group.

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



Physician Feedback:

“
Eye-opening and salient! I feel more confident about what to advise my patients with evidence-based support.”

“
Excellent course, well designed, extremely helpful for busy clinicians who would like to incorporate nutrition counseling in their patient encounters.”

“
It was perfect and filled many gaps that should have been covered during my medical education.”

“
I really appreciated this course and felt it helped me greatly in feeling better prepared to address nutrition facts, as well as myths, with my patients.”

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