

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



POOR NUTRITION IS THE #1 FACTOR CONTRIBUTING TO DEATH AND DISABILITY IN THE U.S.

DO YOU HAVE THE SKILLS TO MEET THIS CHALLENGE?

This interactive online learning experience provides a solid foundation of nutrition essentials for the busy health professional. Clinically relevant nutrition science, combined with a focus on practical applications, will build your knowledge of key nutrients and ensure your readiness and competence to address patients' common nutrition questions.

Features of this Course

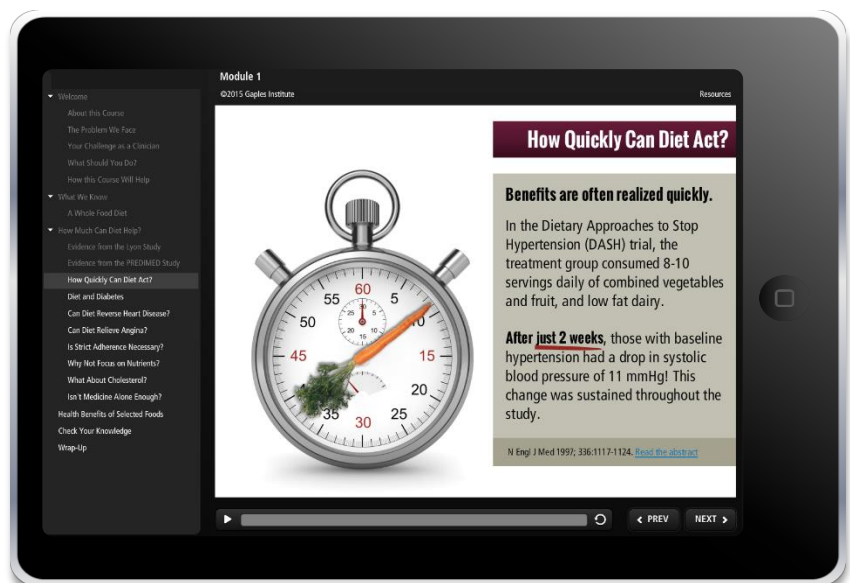
- Three hours of self-paced, interactive learning (divided into four 45-minute modules)
- Core concepts
- Realistic patient scenarios
- Links to the original supporting literature
- Interactive knowledge-checks with customized feedback
- Practical tools for rapid implementation
- Printable course summary for each of the four modules
- Continuing education credits available

“Here, finally, is the resource to fill in the knowledge gap. 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

MODULE 1: WHY DOES NUTRITION MATTER TO YOUR PATIENTS?

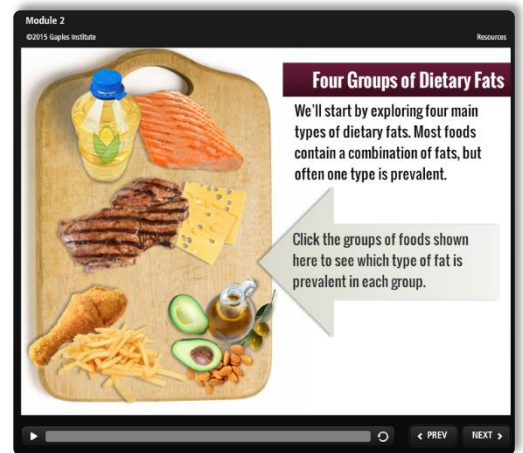
- The Problem We Face
- Your Challenge as a Clinician
- What We Know: Whole Food Diets
- How Much Can Diet Help?
 - Evidence from the Lyon Study
 - Evidence from the PREDIMED Study
- How Quickly Can Diet Act?
 - Diet and Diabetes
 - Can Diet Reverse Heart Disease?
 - Can Diet Relieve Angina?
 - Is Strict Adherence Necessary?
 - Why Not Focus on Nutrients?
 - What About Cholesterol?
 - Isn't Medicine Alone Enough?
- Health Benefits of Selected Foods



Turn the page for modules 2 through 4

MODULE 2: DIETARY FATS AND PATIENT HEALTH

- Why is Dietary Fat Important?
- Four Groups of Dietary Fats
- Saturated Fats: Why the Concern?
 - Saturated Fat and Vascular Disease
 - Not All Saturated Fats Are Alike
- Polyunsaturated Fats' Effect on Health
 - What Are Polyunsaturated Fats?
 - Omega-6 and Omega-3
 - Which Type of Omega-3 is Best?
 - Why EPA and DHA are So Beneficial
 - If a Patient Doesn't Eat Fish
- Monounsaturated Fats' Effect on Health
 - Why Monounsaturated Fats are Helpful
 - Effect on Cardiovascular Risk Profile
- The Dangers of Trans Fats and Tips for Avoiding Them
- Cholesterol and Its Functions
 - Food Sources of Cholesterol
 - Eggs and Cholesterol



MODULE 3: HELPING YOUR PATIENTS UNDERSTAND CARBOHYDRATES & PROTEIN

- Carbohydrates: Why are They Important?
 - Dietary Sources of Carbohydrates
- Classifying Carbs
 - Sugars, Their Chemistry, and the Top Source of Added Sugar
 - Simple vs. Complex Carbs
 - Understanding Glycemic Load
 - What About Natural Sugar?
 - Donut vs. Bagel
 - Sweet vs. Starchy
- Benefits of Whole Grains
 - What is a Whole Grain?
 - Beware of Misleading Advertising
- What About Artificial Sweeteners?
 - Impact on Blood Glucose
- Fiber: One Mark of Dietary Quality
 - How Much Fiber is Needed?
 - Selecting High-Fiber Foods
- Dietary Proteins: Why They're Needed
 - What is a Complete Protein?
 - A Note About Soy
 - How Much Protein Do We Need?
 - Red Meat: New Mechanism of Risk
 - Gluten: A Protein in the Spotlight
- Dietary Sodium, Dietary Calcium, and Their Sources



MODULE 4: COUNSELING YOUR PATIENTS ABOUT NUTRITION

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

- Empowering Patients to Change
 - Cultivating Patient Motivation
 - The 3 Skills of Motivational Interviewing
 - Motivational Interviewing in Practice
- 4 Tips for Rapid Nutritional Counseling
- Better Self-Care, Better Patient Care
- Clinical Simulation: Get Ready for Today's Caseload
- Patient #1: Tanya Woods
 - Cutting Down on Carbs
 - Frozen Produce vs. Fresh
 - Restaurant Dining
- Patient #2: Don Bingham
 - Are Fish Oil Supplements Healthy?
 - Fiber and My Health
 - Should I Cut Out Fat?
- Patient #3: Charles Ramos
 - Cholesterol and Diet
 - Can Diet Lower Blood Pressure?
 - Do Nuts Have Too Much Fat?
- Patient #4: Nancy Kraft
 - Exercise vs. Diet
 - Diet and Cancer
 - Vegetarianism