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

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. Clinically relevant nutrition science, with a focus on practical application, will build your knowledge of key nutrients. Immersive counseling scenarios will ensure your readiness and competence to address your patients’ nutrition questions.

Your patients look to you for nutrition advice.

More than 2,000 clinicians have enrolled.

97% said it will change their practice.

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, Professor of Medicine, Harvard Medical School

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

A COMPLETE TOOLKIT:

CME/CEU for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests
- 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 more than 120+ medical literature references (plus printable reference lists you can keep)
- Practical tools for rapid clinical implementation
- Downloadable summaries, a patient-education resource, and reproducible patient handouts

REQUIRED LEARNING at world-class institutions:

- Johns Hopkins School of Medicine
- Tufts University School of Medicine
- Uniformed Services University School of Medicine
- University at Buffalo – Jacobs School of Medicine

See an outline of each module

The Gaples Institute is an educational nonprofit whose sole purpose is to provide education and advocacy regarding 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.
Module 1: Why Does Nutrition Matter to You and Your Patients?

- Why Poor Nutrition is a Health Crisis
- Your Personal Challenge to Maintain Resilience
- What We Know About Whole-Food Diets
- How Much Can Diet Help?
  - Evidence from the Lyon and PREDIMED Studies
  - How Quickly Can Diet Act?
  - Diet and Diabetes
  - Can Diet Halt the Progression of 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

Students 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 2: Dietary Fats and Patient Health

- Why Dietary Fat is Important
- Saturated Fats: Why the Concern?
  - Saturated Fat and Vascular Disease
  - Replacements for Saturated Fat
- Polyunsaturated Fats’ Effect on Health
  - Omega-3 and Omega-6
  - Forms of Omega-3 and What They Do
  - Why EPA and DHA are So Beneficial
  - If a Patient Doesn’t Eat Fish
- Monounsaturated Fats’ Effect on Health and Cardiovascular Risk
- The Dangers of Trans Fats
- Cholesterol: Sources, Functions, and Health Risks
- Oils and High-Temperature Cooking

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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
  - Rx for Lower-Cost Foods
  - Tips for Building Low-Cost, Healthy Meals
- Popular Diets: Key Attributes, Common Variations, and How to Respond to Common Patient Questions
- Cultivating Patient Motivation
- The 3 Skills of Motivational Interviewing
- 4 Tips 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