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

Your patients looks 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 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.

Nurse CEUs for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests or dietary biases
- 4 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 130+ 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

Feedback from Nurses and NPs:

“More than 6,000 clinicians have enrolled. 97% said it will change their practice.”

“There were so many important takeaways. All of the modules will help me provide better care for my patients.”

“This was a great course! It was very validating to me to see the effects of dietary intake on health. I feel like I counsel every patient on weight reduction, but I am renewed in my desire to help patients change their health.”

GROUP DISCOUNTS AVAILABLE FOR NURSING SCHOOLS

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

- Why Poor Nutrition is a Health Crisis
- Value of Nutrition Education in Clinician Self-Care
- What We Know About Whole-Food Diets
- How Much Can Diet Help?
  - Evidence from Landmark Dietary Pattern Trials
  - Ultraprocessed Foods and Their Health Impact
  - 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

“Patients are constantly requesting nutrition advice from their caregivers, yet most physicians and nurses lack the underpinnings of nutrition science. Here, finally, is the resource to fill in the knowledge gap.”

– 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
  - Role of EPA and DHA
  - Varied Sources of Dietary Omega-3
- Monounsaturated Fats’ Effect on Health and Cardiovascular Risk
- The Dangers of Trans Fats
- Cholesterol: Sources, Functions, and Health Risks
- Oils and High-Temperature Cooking

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

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Module 3: Helping Your Patients Understand Carbohydrates & Protein

- Carbohydrates: Why They're Important and Key Dietary Sources
- Classifying Carbs
  - Sugars, Their Chemistry, and the Top Source of Added Sugar
  - Simple vs. Complex Carbs
  - Understanding Glycemic Load
  - What About Natural Sugar?
- Understanding Whole Grains
  - What is a Whole Grain?
  - How to Spot Misleading Advertising
- What to Know About Artificial Sweeteners
- Fiber: One Mark of Dietary Quality
  - How Much Patients Need
  - Selecting High-Fiber Foods
- Alcohol: Its Effect on Health
  - “Moderate” vs. “Heavy” Drinking
  - Intake Guidance Based on Current Evidence
- Why Dietary Protein is Important and How Much is Needed
  - Varied Sources of Dietary Protein
  - A Note About Soy
  - Red Meat and Health Risks
  - Gluten: A Protein in the Spotlight
- Dietary Sodium and Calcium: Sources and Amounts Needed

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

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