

Nutrition Science for Health and Longevity: What Every Nurse and Nurse Practitioner 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 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.



GROUP DISCOUNTS AVAILABLE FOR NURSING SCHOOLS

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 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

More than **7,000 clinicians** have enrolled.

97%

said it will change their practice.

Feedback from Nurses and NPs:

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

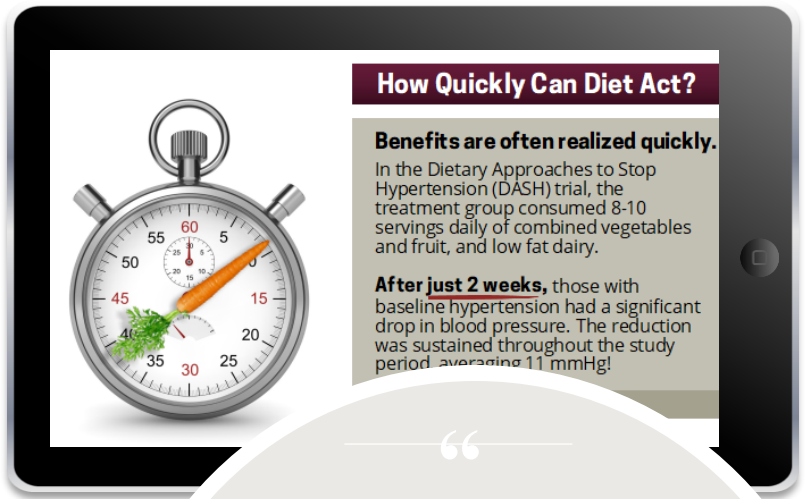
This was a great course! It was very validating to me to see the effects of dietary intake on health. I feel like I counsel every patient on weight reduction, but I am renewed in my desire to help patients change their health.

See an outline of each module



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
- The Profound Impact of Nutrition on Health:
 - Evidence from Landmark Dietary Pattern Trials
 - Health Impact of Ultraprocessed Foods
 - 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?



“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

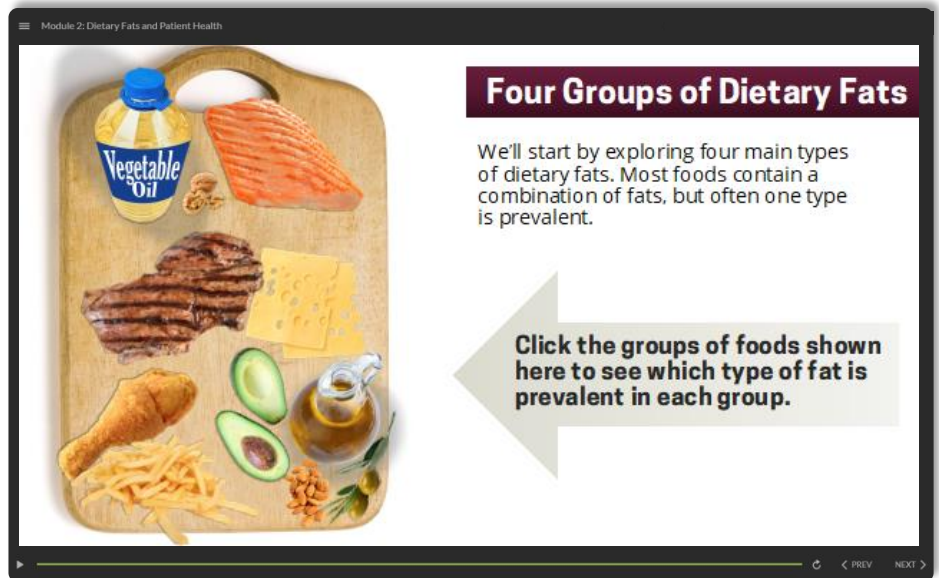
“**Student skills in counseling standardized patients have improved noticeably** now that they have confidence in their knowledge of nutrition concepts and how they connect to disease and health.

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

- 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



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
 - Health Risks Associated with Alcohol
 - What's a Serving and How Many Carbs Does it Contain?
- Health Impact of Coffee and Tea
- 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



Learner Feedback:

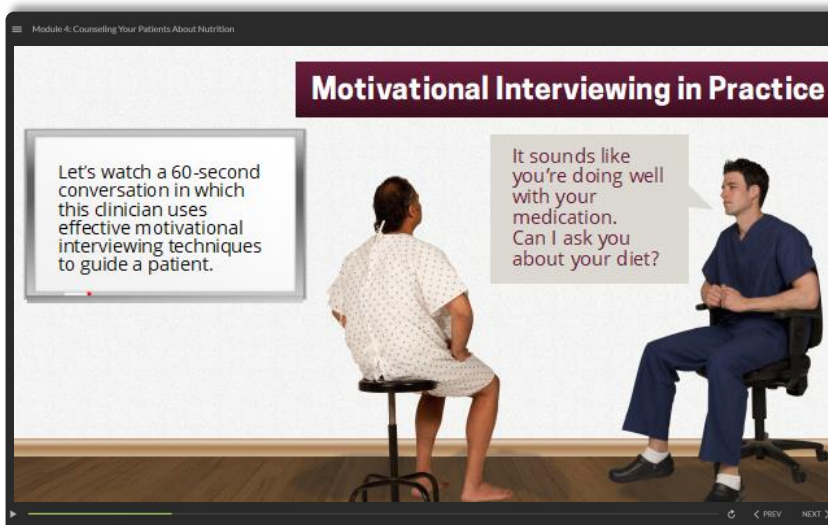
Useful information about different diet trends, examples of how to talk with patients when time is limited, and a review of the "basics" that is up to date and immediately relevant.

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

The use of evidence-based information was extremely helpful in solidifying for me the importance of talking to each and every patient about nutrition.

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.



- Nutrition and Food Insecurity and Your Role as a Clinician
 - Rx for Healthy, Less-Expensive Food
 - Emerging Options in the Food Is Medicine Movement
 - 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