

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



Essential Nutrition Knowledge for the Next Generation of Physicians

Updated for 2024

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**

- Developed by an educational nonprofit with no commercial interests or dietary biases
- Condensed evidence-based nutrition science, divided into four engaging, self-paced modules
- 20+ realistic clinical scenarios plus Interactive knowledge-checks with customized feedback
- Practical tools for rapid clinical implementation
- Direct links to 180+ medical literature references and printable reference lists you can keep
- Downloadable summaries, an interactive patient-education resource, and reproducible patient handouts

## MODULE 1: WHY NUTRITION MATTERS IN MEDICINE

- 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 Trials
  - Health Impact of Ultraprocessed Foods
  - How Quickly Can Diet Act?
  - Why Not Focus on Nutrients?
  - What About Cholesterol?
  - Diet and Diabetes
  - Can Diet Halt the Progression of Heart Disease?

Outline continued on next page 

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I have reviewed the entirety of the course and can attest that it is based on solid evidence that should be part of what every medical student learns.

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

**GROUP  
DISCOUNTS FOR  
MEDICAL SCHOOL  
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RESIDENCY  
PROGRAMS**

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

**97%**

said it will change  
their practice.

“

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

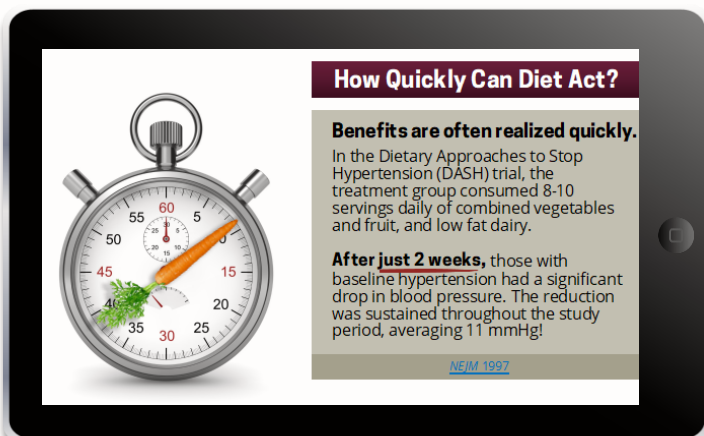


## MODULE 2: DIETARY FATS AND PATIENT HEALTH

- 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
- 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

- Classifying Carbs
  - Sugars, Their Chemistry, and Added Sugar
  - Simple vs. Complex Carbs
  - Understanding Glycemic Load
  - What About Natural Sugar?
- Understanding Whole Grains
- 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
- Protein's Importance and How Much is Needed
  - Varied Sources of Dietary Protein
  - Red Meat and Health Risks
  - Gluten: A Protein in the Spotlight
- Sodium and Calcium: Sources and Amounts Needed



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.

“

**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 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

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