

# Nutrition Science for Health and Longevity: What Every Clinician 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 CME/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.

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

**97%**

said it will change their practice.

## A COMPLETE TOOLKIT:

## CME/CEU for You, Plus Resources for Your Patients

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



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**

“  
**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

“  
**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

**GROUP DISCOUNTS AVAILABLE  
FOR MEDICAL SCHOOL CLASSES  
AND RESIDENCY PROGRAMS**

See an outline of  
each module

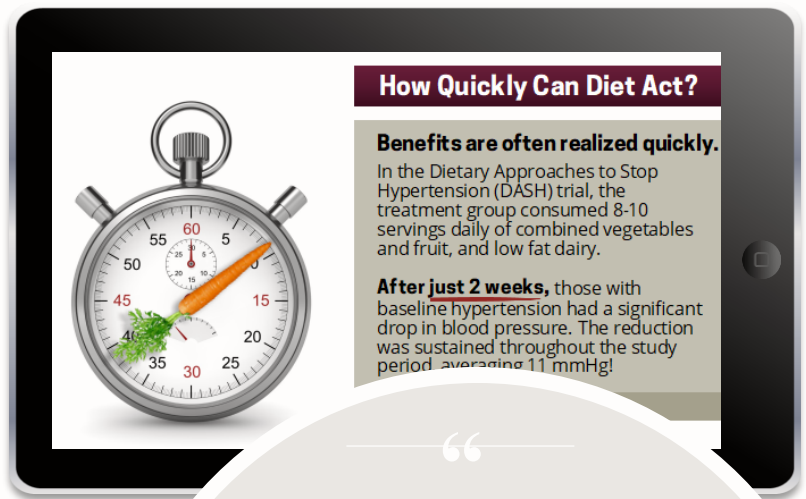


# MODULE 1: WHY DOES NUTRITION MATTER TO YOU AND YOUR PATIENTS?

- 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



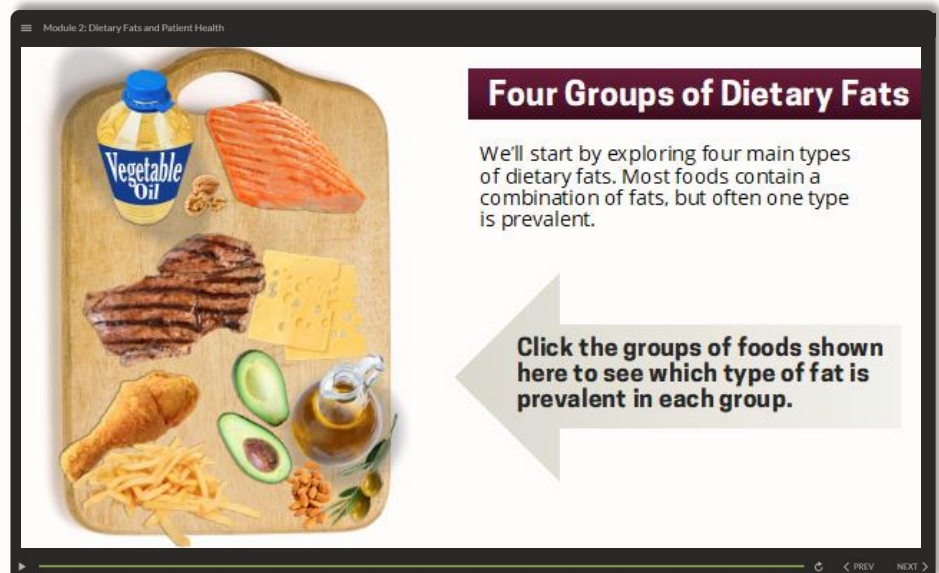
**Student skills in counseling standardized patients have improved noticeably** now that they have confidence in their knowledge of nutrition concepts and how they connect to disease and health.

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, FFAFP 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



### Physician Feedback:

“Excellent course, well designed, extremely helpful for busy clinicians who would like to incorporate nutrition counseling in their patient encounters.”

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

“It was perfect and filled many gaps that should have been covered during my medical education.”

## 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