

# 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 190+ 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  
**9,000 clinicians**  
have enrolled.

**98%**

of nurses 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.**

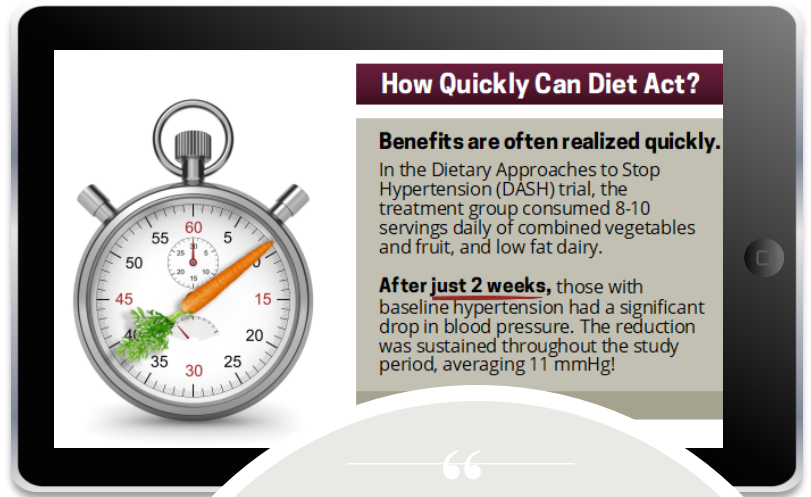
“  
**This was a great course! It was very validating to me to see the effects of dietary intake on health. I feel like I counsel every patient on weight reduction, but I am renewed in my desire to help patients change their health.**

See an outline of  
each module



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

- Why Poor Nutrition is a Health Crisis
- Clinician Self-Care and Important Ways to Maintain Resilience
- Nutrition and High-Potency Weight-Loss Drugs
- The Magnitude of Benefit Possible from a Healthy Diet
- Focus on Whole-Food Diets
- Heritage Diets and Importance of Cultural Adaptations
- Evidence of How Diet Can Improve Health Conditions Including Diabetes, Heart Disease, and More



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

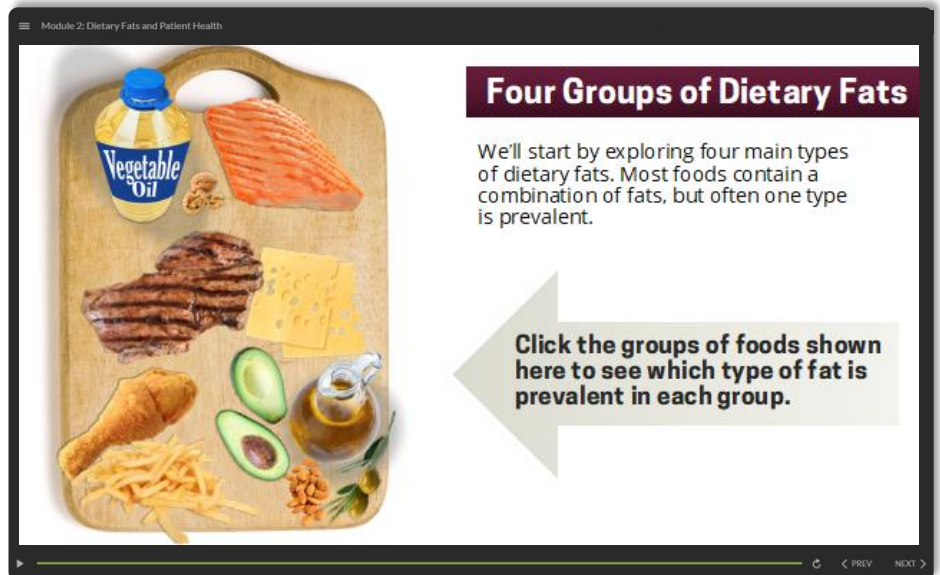
**Student skills in counseling standardized patients have improved noticeably** now that they have confidence in their knowledge of nutrition concepts and how they connect to disease and health.

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

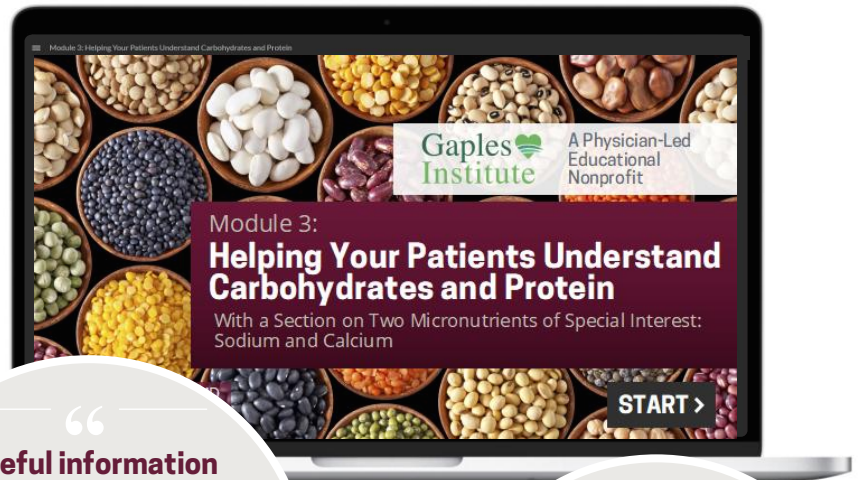
## MODULE 2: DIETARY FATS AND PATIENT HEALTH

- Saturated Fats: Importance of Healthful Replacements
- Polyunsaturated Fats, Including the Forms of Omega-3 and What They Do
- Cholesterol: Sources and Health Risks
- Monounsaturated Fats and Their Effect on Health and Cardiovascular Risk
- Cultural Considerations for Dietary Fat Recommendations
- Oils and High-Temperature Cooking



## MODULE 3: HELPING YOUR PATIENTS UNDERSTAND CARBOHYDRATES & PROTEIN

- Carbohydrates: Why They're Important and Key Dietary Sources
- Carbohydrates: Chemistry and Food Sources
- Understanding Glycemic Load
- What is a Whole Grain?
- Cultural Considerations for Whole Grain Recommendations
- Fiber: A Marker of Dietary Quality
- Alcohol and Health
- Dietary Protein: Availability from a Wide Variety of Food Sources
- Sodium and Calcium: Sources and Recommended Quantities



### Learner Feedback:

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

“  
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.”

“  
I really enjoyed this course and learned a lot that I will use to better my own health, and disseminate to my family, friends, and co-workers!”

“  
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.



- Food Insecurity and Your Role as a Clinician
- Popular Diets: Definitions and Scientific Status
- The 3 Skills of Motivational Interviewing
- Counseling With Cultural Sensitivity and Adaptations
- Strategies 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