

# Gaples Institute Nutrition Course for Health Professionals

*Addresses 25 Recommended  
Nutrition Competencies,  
Including Each of the Top 10*

Competencies below are mapped to the numbers in Table 2 of the [JAMA Network Open competency manuscript](#):

Learn more about the course at [MedEdNutrition.org](https://www.MedEdNutrition.org)

1. Provides evidence-based, culturally sensitive nutrition recommendations
2. Screens for food and nutrition insecurity and refers appropriately
3. Collaborates with other professionals in multidisciplinary nutrition care
4. Identifies causes of metabolic syndrome or malnutrition
5. Assesses nutritional status using diet history and labs
6. Initiates sensitive conversations about food and lifestyle
7. Knows nutritional content and sources of macro- and micronutrients
8. Integrates evidence-based nutrition information from guidelines and science
9. Understands public health nutrition and social determinants of health
10. Considers cultural, social, and psychological factors in nutrition behavior
12. Identifies nutrient deficiencies and recommends foods/supplements
13. Shows empathy when counseling patients with obesity or eating disorders
15. Applies behavior change models to counsel on diet modification
16. Guides patients to lifelong healthy eating patterns to prevent disease
17. Identifies community nutrition resources for food-insecure patients
18. Communicates nutrition information considering literacy and language
19. Listens carefully and nonjudgmentally during nutrition counseling
22. Is aware of personal biases regarding food and healthy eating
23. Provides counseling to reduce visceral fat or metabolic risk
24. Understands nutrient and energy needs across the lifespan
25. Understands drug-nutrient and food-medication interactions
26. Understands differences among unprocessed and ultraprocessed foods
27. Interprets nutrition labels and menus for dietary recommendations
28. Identifies factors affecting own health and nutrition status
29. Understands environmental impacts of food and sustainability

# Gaples Institute Nutrition Course Competency Map

## Module 1: Why Does Nutrition Matter to You and Your Patients?

Learn more about the course at [MedEdNutrition.org](https://www.MedEdNutrition.org)

Course Topic	Competency Numbers	Competency Summary
Why Poor Nutrition is a Health Crisis	1,4,9	Provides evidence-based, culturally sensitive nutrition recommendations; Identifies causes of metabolic syndrome or malnutrition; Understands public health nutrition and social determinants of health
Clinician Self-Care and Important Ways to Maintain Resilience	28	Identifies factors affecting own health and nutrition status
Diet and COVID-19	9	Understands public health nutrition and social determinants of health
Ultraprocessed Foods	26	Understands differences among unprocessed and ultraprocessed foods
Nutrition and High-Potency Weight-Loss Drugs	1,25	Provides evidence-based, culturally sensitive nutrition recommendations; Understands drug-nutrient and food-medication interactions
The Magnitude of Health Benefit Possible from a Healthy Diet	1,8,16	Provides evidence-based, culturally sensitive nutrition recommendations; Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease
Emphasis on Whole Food Diets	1,28	Provides evidence-based, culturally sensitive nutrition recommendations; Identifies factors affecting own health and nutrition status
Heritage Diets and Importance of Cultural Adaptations	1,10	Provides evidence-based, culturally sensitive nutrition recommendations; Considers cultural, social, and psychological factors in nutrition behavior
Evidence of How Diet Can Improve Health Conditions Including Diabetes, Heart Disease, and More	1,8,16	Provides evidence-based, culturally sensitive nutrition recommendations; Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease

## Module 2: Dietary Fats and Patient Health

Learn more about the course at [MedEdNutrition.org](https://www.MedEdNutrition.org)

Course Topic	Competency Numbers	Competency Summary
Dietary Fats and Patient Health	7,8,16	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease
Saturated Fats: Importance of Healthful Replacement	7,8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Polyunsaturated Fats, Including the Forms of Omega-3 and What They Do	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Cholesterol: Sources and Health Risks	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Monounsaturated Fats and Their Effect on Health	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Cultural Considerations for Dietary Fat Recommendations	10	Considers cultural, social, and psychological factors in nutrition behavior
Oils and High-Temperature Cooking	28	Identifies factors affecting own health and nutrition status

## Module 3: Helping Patients Understand Carbohydrates and Protein

Learn more about the course at [MedEdNutrition.org](https://www.MedEdNutrition.org)

Course Topic	Competency Numbers	Competency Summary
Helping Patients Understand Carbohydrates and Protein	7, 8, 16	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease
Carbohydrates: Chemistry and Food Sources	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Understanding Glycemic Load	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
What is a Whole Grain?	7, 26	Knows nutritional content and sources of macro- and micronutrients; Understands differences among unprocessed and ultraprocessed foods
Cultural Considerations for Whole Grain Recommendations	10	Considers cultural, social, and psychological factors in nutrition behavior
Fiber: A Marker of Dietary Quality	7, 8	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science
Alcohol and Health	8,	Integrates evidence-based nutrition information from guidelines and science;
Dietary Protein: Availability from a Wide Variety of Food Sources	7, 16, 24	Knows nutritional content and sources of macro- and micronutrients; Guides patients to lifelong healthy eating patterns to prevent disease; Understands nutrient and energy needs across the lifespan
Food Choices and Sustainability	29	Understands environmental impacts of food and sustainability
Sodium and Calcium: Sources and Recommended Quantities	7, 8, 16	Knows nutritional content and sources of macro- and micronutrients; Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease

## Module 4: Counseling Your Patients About Nutrition

Learn more about the course at [MedEdNutrition.org](https://www.MedEdNutrition.org)

Course Topic	Competency Numbers	Competency Summary
Food Insecurity and Your Role as a Clinician	2, 9, 17	Screens for food and nutrition insecurity and refers appropriately; Understands public health nutrition and social determinants of health; Identifies community nutrition resources for food-insecure patients
Emerging Options for Food as Medicine	1, 8, 9	Provides evidence-based, culturally sensitive nutrition recommendations; Integrates evidence-based nutrition information from guidelines and science; Understands public health nutrition and social determinants of health
Building a Low-Cost Healthy Meal	1, 10, 16	Provides evidence-based, culturally sensitive nutrition recommendations; Considers cultural, social, and psychological factors in nutrition behavior; Guides patients to lifelong healthy eating patterns to prevent disease
Popular Diets: Definitions and Scientific Status	8, 16	Integrates evidence-based nutrition information from guidelines and science; Guides patients to lifelong healthy eating patterns to prevent disease
The 3 Skills of Motivational Interviewing	6, 15, 19	Initiates sensitive conversations about food and lifestyle; Applies behavior change models to counsel on diet modification; Listens carefully and nonjudgmentally during nutrition counseling
Counseling With Cultural Sensitivity and Adaptations	1, 10, 18	Provides evidence-based, culturally sensitive nutrition recommendations; Considers cultural, social, and psychological factors in nutrition behavior; Communicates nutrition information considering literacy and language
Strategies for Rapid Nutritional Counseling	6, 15, 19	Initiates sensitive conversations about food and lifestyle; Applies behavior change models to counsel on diet modification; Listens carefully and nonjudgmentally during nutrition counseling
Visual Food Prescriptions	18	Communicates nutrition information considering literacy and language
Words are Important: Speaking to Patients About Weight	13, 22	Shows empathy when counseling patients with obesity or eating disorders; Is aware of personal biases regarding food and healthy eating
Importance of Dietary Referrals	3	Collaborates with other professionals in multidisciplinary nutrition care