

Updated for 2026

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 230 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
11,000
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.

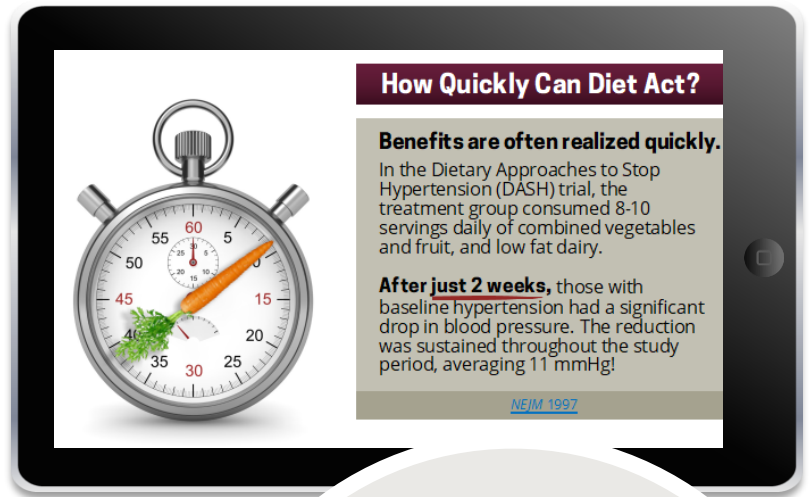
“
This was a great course! It was very validating to me to see the effects of dietary intake on health. I feel like I counsel every patient on weight reduction, but I am renewed in my desire to help patients change their health.

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
- Maternal Nutrition
- Nutrition and Hospital Outcomes



“
Texas Tech University Health Science Center School of Medicine implemented the Gaples Institute modules as a component of our nutrition curriculum a few years ago. **The student responses have been extremely positive.**

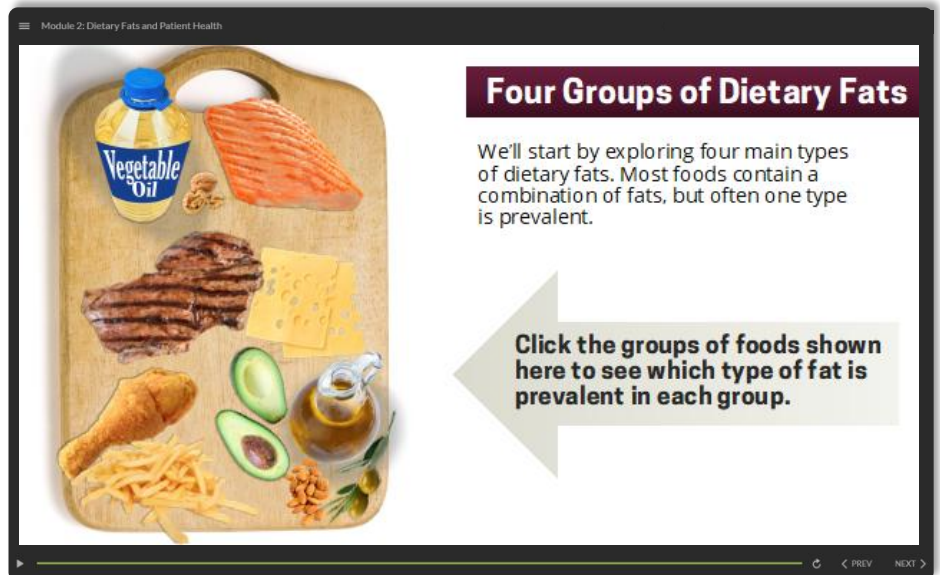
– **Simon Williams, MD**
Senior Associate Dean for Academic Affairs, Texas Tech University Health Science Center School of Medicine

“
How rare it is to find a self-directed course that is both built on a strong evidence base, and also visually compelling and interactive!

– **Deb Erlich, MD, MMedEd**
Dean of Clinical Affairs, Tufts University School of Medicine

MODULE 2: DIETARY FATS AND PATIENT HEALTH

- Saturated Fats: Importance of Healthful Replacements
- Polyunsaturated Fats, Including the Health Impact of Both Omega-3 and Omega-6
- 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: 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: Requirements and 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