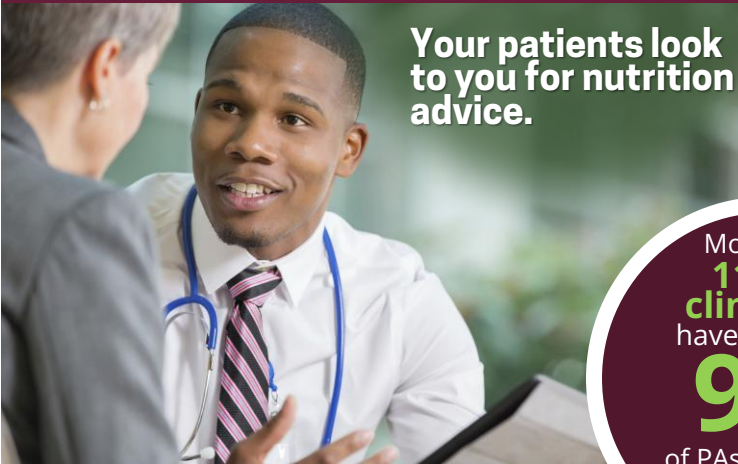


Updated for 2026

Nutrition Science for Health and Longevity: What Every Physician Associate 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 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
11,000
clinicians
have enrolled.

99%

of PAs said it will change their practice.

A COMPLETE TOOLKIT:

CME for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests or dietary biases
- 4.0 Hours of AAPA Category 1 CME Credits
- 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

“
The motivational interviewing and goal setting information was very useful, also how to address the different “fad” diets. This was a great resource. I will highly recommend it to my colleagues and the free resources for patients!

– **Laura Ross, PA-C, AACC, CLS, DipACLM**
Director of the Park Nicollet Health Services Prevention and Lipid Clinic
President, Academy of Physician Associates in Cardiology

“
This resource empowers providers to integrate practical nutrition counseling into care. This short course is a must-have training for clinically practicing PAs in all specialties.

– **James C. Somers, PA-C, DHSc, DFAAPA**
Associate Professor, Doctor of Medical Science Program, College of Medical Sciences, University of Lynchburg

GROUP DISCOUNTS AVAILABLE FOR PHYSICIAN ASSOCIATE SCHOOLS

See an outline of each module



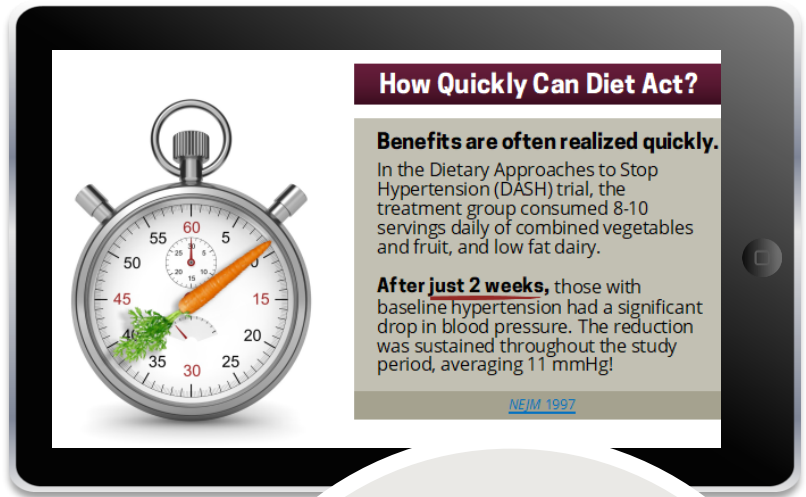
Gaples Institute

A Physician-Led Educational Nonprofit

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.

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

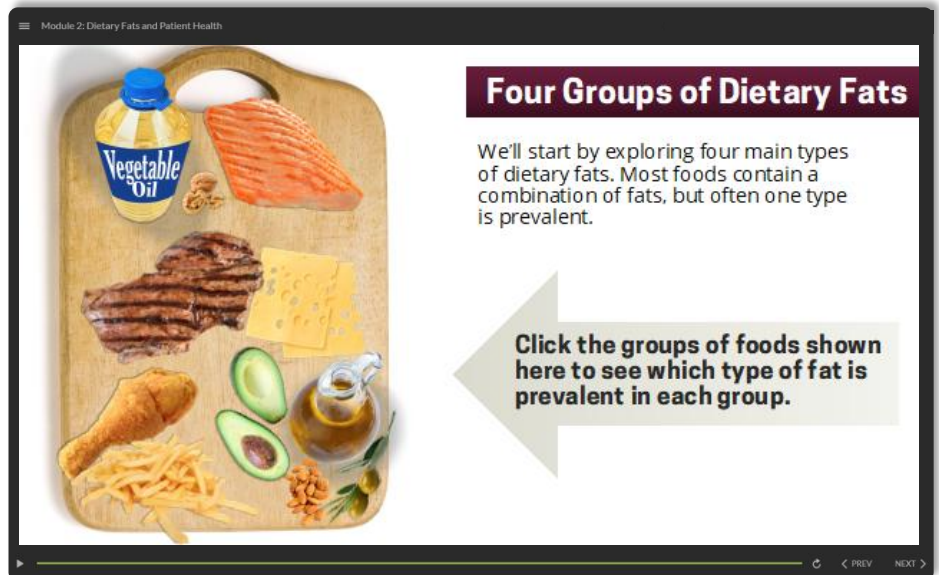
“

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

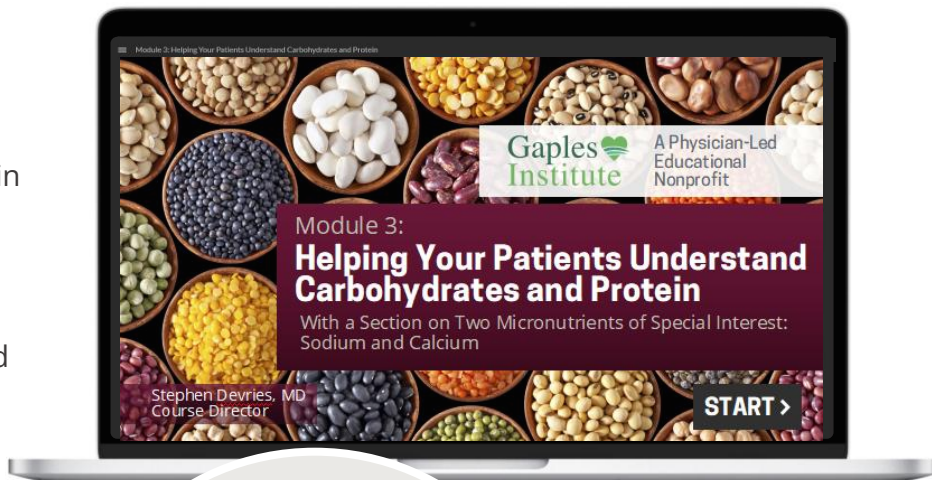
MODULE 2: DIETARY FATS AND PATIENT HEALTH

- 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



Physician Associate Feedback:

“All modules gave additional insight on how to better communicate diet and lifestyle to my patients.”

“I have learned the data to support certain health choices and have learned effective ways to communicate important nutrition knowledge to patients.”

“Brief yet information-packed. I will recommend it to other healthcare providers!”

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