

Updated for 2026

Nutrition Science for Health and Longevity: What Every Clinician Needs to Know



Essential Nutrition Knowledge for the Next Generation of Physicians

The clinical nutrition course from the

Gaples Institute

is now **REQUIRED** in **13 world-class medical schools**

...with more being added this year!

Harvard University	Johns Hopkins University
Tufts University	University of Miami
University of North Carolina	University of Manitoba
Uniformed Services University	University of Nebraska
University of Texas Southwestern	University at Buffalo
University of New Mexico	Texas Tech University School of Medicine
	University of South Florida

GROUP DISCOUNTS FOR MEDICAL SCHOOL CLASSES AND RESIDENCY PROGRAMS

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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

- Developed by an educational nonprofit with no commercial interests or dietary biases
- Condensed, evidence-based nutrition science, divided into four engaging, self-paced modules
- 20+ realistic clinical scenarios plus Interactive knowledge-checks with customized feedback
- Practical tools for rapid clinical implementation
- Direct links to 230 medical literature references and printable reference lists you can keep
- Downloadable summaries, an interactive patient-education resource, and reproducible patient handouts

MODULE 1:

WHY NUTRITION MATTERS IN MEDICINE

- 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

Outline continued on next page



More than **11,000 clinicians** have enrolled.

97%

said it will change their practice.

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I have reviewed the entirety of the course and can attest that it is based on solid evidence that should be part of what every medical student learns.

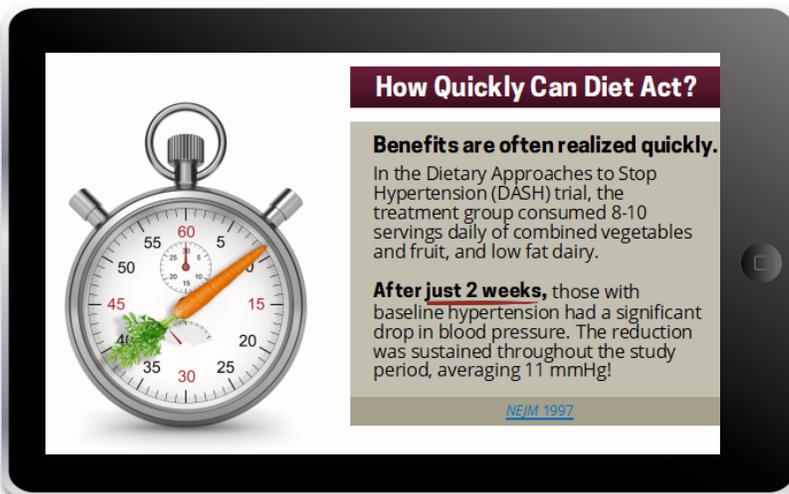
– **Walter Willett, MD, DrPH**
Professor of Epidemiology & Nutrition, Harvard T.H. Chan School of Public Health

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



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Student responses have been extremely positive, highlighting the value of the modules for their future roles as physicians but also in learning more about their own relationship with nutrition in their personal lives. **The modules form a strong basis for mapping the horizontal and vertical integration of nutrition content within our curriculum.**

– **Simon Williams, MD**

Senior Associate Dean for Academic Affairs, Texas Tech University Health Science Center School of Medicine

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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 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

Visit MedEdNutrition.org