

Updated for 2026

Nutrition Science for Health and Longevity: What Every Clinician 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/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.

More than **12,000** clinicians have enrolled. **97%** said it will change their practice.

A COMPLETE TOOLKIT:

CME/CEU for You, Plus Resources for Your Patients

- Developed by an educational nonprofit with no commercial interests or dietary biases
- 4 CME/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

Excellent course with important information for physicians. The interactive aspects of this were nicely done and will engage the participants.

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

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



The clinical nutrition course from the

Gaples Institute

is now **REQUIRED** in **17** world-class medical schools

...with more being added this year!

- | | |
|----------------------------------|----------------------------|
| Harvard University | Johns Hopkins University |
| Tufts University | Brown University |
| University of North Carolina | University of Miami |
| Uniformed Services University | University of Manitoba |
| University of Texas Southwestern | University of Nebraska |
| University of New Mexico | University at Buffalo |
| Eastern Virginia University | University of S. Florida |
| | Texas Tech - El Paso |
| | Texas Tech - Lubbock |
| | Louisiana State University |

GROUP DISCOUNTS AVAILABLE FOR MEDICAL SCHOOL CLASSES AND RESIDENCY PROGRAMS

See an outline of each module



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

“
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



How Quickly Can Diet Act?

Benefits are often realized quickly.

In the Dietary Approaches to Stop Hypertension (DASH) trial, the treatment group consumed 8-10 servings daily of combined vegetables and fruit, and low fat dairy.

After just 2 weeks, those with baseline hypertension had a significant drop in blood pressure. The reduction was sustained throughout the study period, averaging 11 mmHg!


NEJM 1997

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 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

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



Four Groups of Dietary Fats

We'll start by exploring four main types of dietary fats. Most foods contain a combination of fats, but often one type is prevalent.

Click the groups of foods shown here to see which type of fat is prevalent in each group.

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 Feedback:

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

“
Excellent course, well designed, extremely helpful for busy clinicians who would like to incorporate nutrition counseling in their patient encounters.”

“
It was perfect and filled many gaps that should have been covered during my medical education.”

“
I really appreciated this course and felt it helped me greatly in feeling better prepared to address nutrition facts, as well as myths, with my patients.”

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