Outline of Online Course: Nutrition Science for Health and Longevity

Module 1: Why Does Nutrition Matter to Your Patients?

- The Problem We Face
- Your Challenge as a Clinician
- What We Know: Whole Food Diets
- How Much Can Diet Help?
  - Evidence from the Lyon Study
  - Evidence from the PREDIMED Study
  - How Quickly Can Diet Act?
  - Diet and Diabetes
  - Can Diet Reverse Heart Disease?
  - Can Diet Relieve Angina?
  - Is Strict Adherence Necessary?
Why Not Focus on Nutrients?

What About Cholesterol?

Isn’t Medicine Alone Enough?

- Health Benefits of Selected Foods

**Module 2: Dietary Fats and Patient Health**

- Why is Dietary Fat Important?
- Four Groups of Dietary Fats
- Saturated Fats: Why the Concern?
  - Saturated Fat and Vascular Disease
  - Replacements for Saturated Fat
- Polyunsaturated Fats’ Effect on Health
  - What Are Polyunsaturated Fats?
  - Omega-6 and Omega-3
  - Forms of Omega-3
  - Why EPA and DHA are So Beneficial
  - Counseling Patients About Omega-3
  - If a Patient Doesn’t Eat Fish
- Monounsaturated Fats’ Effect on Health
  - Why Monounsaturated Fats are Helpful
  - Effect on Cardiovascular Risk Profile
  - Olive Oil: Why Extra-Virgin?
- The Dangers of Trans Fats
- Cholesterol and Its Functions
Module 3: Helping Your Patients Understand Carbohydrates & Protein

- Carbohydrates: Why are They Important?
- Dietary Sources of Carbohydrates
- Classifying Carbs
  - Sugars, Their Chemistry, and the Top Source of Added Sugar
  - Simple vs. Complex Carbs
  - Understanding Glycemic Load
  - What About Natural Sugar?
  - Donut vs. Bagel
  - Sweet vs. Starchy
- Benefits of Whole Grains
  - What is a Whole Grain?
  - Beware of Misleading Advertising
- Fiber: One Mark of Dietary Quality
  - Fiber and the Microbiome
  - How Much Fiber is Needed?
  - Selecting High-Fiber Foods
- Dietary Proteins: Why They’re Needed
  - Plant and Animal Protein
Module 4: Counseling Your Patients About Nutrition

- Empowering Patients to Change
  - Cultivating Patient Motivation
  - The Three Skills of Motivational Interviewing
  - Motivational Interviewing in Practice
- Four Tips for Rapid Nutritional Counseling
- Making Dietary Referrals
- Professional Self-Care
- Clinical Simulation: Get Ready for Today’s Caseload
- Patient #1: Tanya Woods
  - Frozen Produce vs. Fresh
  - Restaurant Dining
- Patient #2: Don Bingham
  - Fiber and My Health
  - Should I Cut Out Fat?
- Patient #3: Charles Ramos
  - Cholesterol and Diet
  - Can Diet Lower Blood Pressure?
Do Nuts Have Too Much Fat?

Patient #4: Nancy Kraft

- Exercise vs. Diet
- Diet and Cancer
- Vegetarianism