

APPENDIX 1 to:

Shafto K, Shah A, Smith J, et al. Impact of an Online Nutrition Course to Address a Gap in Medical Education: A Feasibility Study. PRiMER. 2020;4:5.

<https://doi.org/10.22454/PRiMER.2020.368659>

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?

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- 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

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- Food Sources of Cholesterol
- Dietary Cholesterol and Health Risks
- Kitchen Talk: Oils and High-Temperature Cooking
- Summary of Patient Counseling Points

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

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- Plant-Sourced Foods and Sustainability
- Meat and Health: A Complex Stew
- How Much Protein Do We Need?
- Gluten: A Protein in the Spotlight
- Dietary Sodium, Dietary Calcium, and Their Sources

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?

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- Do Nuts Have Too Much Fat?
- Patient #4: Nancy Kraft
 - Exercise vs. Diet
 - Diet and Cancer
 - Vegetarianism