Objectives

1. Identify Dr. T. Colin Campbell’s 8 Principles of Nutritional Health.
2. Describe the role nutrition plays in chronic disease, including cancer, heart disease, diabetes, Alzheimer’s, and autoimmune disorders.
3. Recognize how nutrition and the environment affect gut health and the microbiome.
4. Discuss common topics of concern to athletes and fitness enthusiasts, including supplements and protein consumption.
5. Explain psychological reasons we are drawn to unhealthy foods.
6. Identify how government and industry can affect dietary choices and the environment.
7. Recall the importance of nutrition at each stage of life, beginning with pregnancy through adulthood.
8. Apply strategies to support sustainable positive lifestyle change and inspire others.
9. The physician and registered dietician as a team describe the following during a shared medical visit: good nutrition habits, basic food groups, mindful eating habits, virtual food shopping trips, food journaling, meal planning, cravings, dine out/ordered in, and food demonstrations.
10. The healthcare team conducts monthly support meetings to evaluate patient understanding and eating habits to improve patient compliance with the plant-based diet.

Disclosure Statements

Speaker Faculty:
Lilian Aguilar, BA Nutrition Science, has no relevant financial relationships with commercial interests to disclose.
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Planning Committee:
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Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by The Foundation for Care Management (FCM) and T. Colin Campbell Center for Nutrition Studies. FCM is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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