Number	Competency (doi:10.1001/jamanetworkopen.2024.35425)	Health meets Food Module
1	Provides evidence-based, culturally sensitive nutrition and food recommendations to patients for the prevention and treatment of disease	All modules
2	Screens for food insecurity and nutrition insecurity and makes appropriate referrals for those identified at risk	Module 30a - Food Security - Snap & WIC Programs Module 30c - Food Security - Food Banks and Medically Tailored Meals Module 30e - Food Security - Older Adults
3	Works with other health professionals to deliver a multidisciplinary approach to nutrition care	All modules with case study component
4	Identifies pathophysiological and/or socioeconomic circumstances which may lead to metabolic syndrome or malnutrition	Module 1 - Introduction to Culinary Medicine Module 3 - Fats Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 6 - Module 6 - Sodium, Potassium, and Hypertension Module 7 - Carbohydrates Module 30a - Food Security - Snap & WIC Programs Module 30c - Food Security - Food Banks and Medically Tailored Meals Module 30e - Food Security - Older Adults
5	Assesses the nutritional status of a patient with a brief diet and food history or questionnaire, anthropometric measurements, and appropriate laboratory tests	All modules with case study component
6	Starts a sensitive, nonjudgmental conversation about food and lifestyle in a brief consultation within a primary or secondary care setting	All modules with case study component
7	Demonstrates knowledge of the nutritional content of foods including the major dietary sources of macronutrients and micronutrients	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues.
8	Integrates evidence-based nutrition information from national nutrition guidelines, scientific publications, and other sources into patient care	All modules
9	Demonstrates knowledge of public health nutrition, including the social determinants of health, and how it can reduce the burden of disease and improve access to adequate, healthy food	Module 1 - Introduction to Culinary Medicine Module 3 - Fats Module 5 - Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 6 - Module 6 - Sodium, Potassium, and Hypertension Module 7 - Carbohydrates Module 30a - Food Security - Snap & WIC Programs Module 30c - Food Security - Food Banks and Medically Tailored Meals Module 30e - Food Security - Older Adults

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10	Demonstrates sensitivity to the social, cultural, emotional, economic, educational, and psychological factors that may affect an individual's nutrition behavior, food choices, and health status	Module 1 - Introduction to Culinary Medicine Module 3 - Fats Module 5 - Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 6 - Module 6 - Sodium, Potassium, and Hypertension Module 7 - Carbohydrates Module 16 – Anti-Inflammatory Diet Module 30a - Food Security - Snap & WIC Programs Module 30c - Food Security - Food Banks and Medically Tailored Meals Module 30e - Food Security - Older Adults Condition and disease specific modules where appropriate.
11	Demonstrates knowledge of the pathological states that can affect the absorption of macronutrients, micronutrients, and other food-based compounds	Module 4 – Food Allergy and Intolerance Module 13 – Celiac Disease Module 17 – IBS/IBD/Gerd Module 19 – Nutrition in HIV and Aids Module 20 – Geriatric Diet Module 25 – Bariatric Surgery Module 29 – Parenteral and Enteral Nutrition
12	Identifies nutrient deficiencies and recommends foods and/or supplements as needed	Module 8 – Pediatric Nutrition Module 12 – Nutrition in Pregnancy Module 13 – Celiac Disease Module 17 – IBS/IBD/Gerd Module 20 – Geriatric Diet Module 23 - Myths, Fads, Diets & Controversies Module 25 – Bariatric Surgery Module 29 – Parenteral and Enteral Nutrition
13	Demonstrates empathy and sensitivity when counseling patients with obesity and eating disorders	Module 2 – Weight Management and Portion Control Module 5 - Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 22 – Eating Disorders Module 24 – Polycystic Ovary Syndrome Module 33 – Pharmaceutical Treatment of Obesity Module 34 – Systematic Treatment of Obesity
14	Assesses diet and food intake and performs a comprehensive nutrition-focused physical examination to identify factors affecting a patient's health status	All modules with case study component
15	Utilizes evidence-based models of behavior change to assess patients' readiness in order to	All modules with case study component

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	effectively counsel patients for how to modify their diet and food choices to improve health	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues. Module 21 – Mindfulness and Motivational Interviewing
16	Guides patients with regard to food choices in establishing lifelong dietary patterns to promote healthy weight and prevent or address chronic disease	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues.
17	Identifies community-based nutrition resources for patients experiencing food and nutrition insecurity	Module 30a - Food Security - Snap & WIC Programs Module 30c - Food Security - Food Banks and Medically Tailored Meals Module 30e - Food Security - Older Adults
18	Communicates diet, food, and nutrition information to patients using their preferred language, via interpretative services if needed, based on education and health literacy levels	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues Health meets Food programming provides over 100 patient education material handouts on both clinical and culinary topics.
19	Listens carefully, compassionately, and nonjudgmentally while taking a nutrition history	All modules with case study component
20	Demonstrates knowledge of the difference between food allergies and food intolerance	Module 4 – Food Allergy and Intolerance Module 13 – Celiac Disease Module 17 – IBS/IBD/Gerd
21	Interprets physical examination data and biomarkers against reference ranges to identify patients at risk of malnutrition	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues All modules with case study component
22	Demonstrates awareness of one's own biases about food, food choices, obesity, and "healthy eating"	All modules with case study component
23	Provides brief counseling interventions to help patients decrease visceral adiposity or reduce risk of metabolic syndrome	All modules with case study component
24	Demonstrates knowledge of how energy and nutrient requirements in health and disease states differ across the lifespan	Module 8 – Pediatric Nutrition Module 12 – Nutrition in Pregnancy Module 20 – Geriatric Diet
25	Demonstrates knowledge of possible drug-nutrient interactions between certain foods, beverages, and medications	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues

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26	Demonstrates knowledge of nutritional differences between unprocessed, minimally processed, and ultra-processed foods	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues
27	Interprets information on nutrition facts panels, nutrition labels, and menus to make appropriate recommendations to support patients' individual needs and food choices	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues
28	Identifies factors which affect their personal health and nutrition status	All modules
29	Demonstrates knowledge of the environmental impact of food production and how food choices can promote or diminish both personal and planetary health	Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 16 – Anti-Inflammatory Diet
30	Demonstrates knowledge of how to create culinary nutrition SMART goals for personal use and for patient care	Module 21 – Mindfulness and Motivational Interviewing
31	Identifies and refers patients for eating disorders and psychosocial problems including emotional eating and binge eating	Module 5 - Protein, Amino Acids, Vegetarian Diets, and Eating Disorders Module 22 – Eating Disorders
32	Makes appropriate referrals to a range of professionals to support the patient to achieve their health goals	All modules with case study component
33	Describes indications, administration, and complications of clinically assisted nutrition and hydration support (oral, enteral, and parenteral)	Module 29 – Parenteral and Enteral Nutrition
34	Demonstrates knowledge of breastfeeding, chest feeding, and complementary feeding practices	Module 8 – Pediatric Nutrition Module 12 – Nutrition in Pregnancy
35	Demonstrates knowledge of the functions of essential nutrients	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues
36	Demonstrates knowledge of the principles of a healthy balanced diet, in accordance with national nutrition guidelines	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues

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Foundational Continuing Medical Education Topics

Number	Title	Outline	Objectives
1	Introduction to Culinary Medicine	We present an outline of both the Mediterranean and DASH diets and examine recent sources and studies examining the effectiveness of both in terms of treating diet-related illnesses. We also review methods of communicating these principles to patients along with an introduction to basic kitchen safety and knife handling skills and the practical implementation of these diets into food your patients already enjoy.	1. Discuss the benefits of the Mediterranean diet. 2. List the 9 dietary components of the Mediterranean diet. 3. Describe the health benefits of each fundamental Mediterranean diet component. 4. Incorporate evidence -based outcomes relating to diet and /health .when counseling patients 5. Explain the basics of mindfulness and its potential effect on weight management, disease prevention, and quality of life. 6. Understand the importance of healthcare professional's roles with regards to nurturing healthy lifestyles and alleviating diet-related illness in their patients. 7. Translate evidence-based facts on diet and nutrition to patient level information. 8. Have dialogue with patients about quick, easy, healthy menu planning and food preparation. 9. Demonstrate the understanding of balance, portion size, and variety for sustainable lifestyle interventions.
2	Weight, Management & Portion Control	In this module we look at obesity indicators, caloric density, and portion control, and review the literature behind weight loss and weight maintenance. This course will help you, the clinician, understand practical and realistic approaches to weight management.	1. Calculate and interpret Body Mass Index (BMI) and Waist to Hip Ratio (WHR) to determine a person's relative risk for metabolic diseases. 2. Explain the association between caloric intake / expenditure and weight maintenance. 3 Identify the biochemical and physiological pathways of energy balance. 4.. Identify the caloric density of macronutrients and alcohol. 5. Calculate individual caloric needs using Basal Metabolic Rate (BMR) and extrapolate data to establish Total Energy Expenditure (TEE). 6. Understand how MyPlate interface can be used as both a personal and patient resource for nutrition-related information. 7. Describe how monitoring nutrient intake through portioning meals and consuming nutrient

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			3dense foods can be an effective weight management strategy. 8. Define portion size and provide examples related to common food consumption. 9. Distinguish differences between energy-dense and nutrient-dense. 10. Explain shopping strategies that can maximize time, minimize cost, and promote overall healthfulness of items purchased. 11. Demonstrate how to read and utilize nutrition labels to determine nutritional content and general healthfulness of food items. 12. Identify the components of a balanced breakfast and describe examples. 13. Distinguish how nutritional content is affected by the origin of a meal (made in home vs. purchased outside the home).
3	Fats	In this lesson we look at the physiological effects of different types of dietary fats in the body, common dietary sources of these fats, misconceptions around types of fat, and how to help your patient understand the differences. In the kitchen we focus on the purpose of fats in cooking, explore viable replacements and substitutions for culinary fats, and prepare meals utilizing fat replacers. We also cover nutrient and energy density, meal planning and healthy shopping habits, and how you can utilize this information to inspire positive change in your patients.	1. Describe the structure and biochemistry of lipids. 2. Summarize the biochemical pathways involved in the absorption, storage, and utilization of cholesterol. 3. Describe the considerations involved in determining cooking applications for fats in terms of the type of fat, risk of oxidation, and smoke point. 4. Identify the underlying principles of fat balance and how it applies to the Mediterranean Diet. 5. Explain the sources of the four primary types of dietary fats and any sub-classifications. 6. Explain the importance of the Omega 6: Omega 3 fatty acid ratio and how to improve it. 7. Describe ketosis and the Ketogenic Diet. 8. Describe the controversies that currently surround research pertaining to the health implications of dietary fat and cholesterol. 9. Discuss how fats impact food preparation and influence eating experience. 10. Demonstrate understanding of how to reduce, remove, or replace saturated and trans-fats in food preparation.

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			11. Describe strategies to increase the fiber content and textural appeal of foods through the addition of grains, legumes, nuts, fruits and vegetables. 12. Demonstrate how to build a nutritionally balanced lunch using a four-component sandwich as a template. 13. Compare and contrast store-bought and fast food lunches to possible homemade versions with respect to cost, time, and nutritional value.
4	Food Allergy and Intolerance	This overview focuses on techniques to diagnose, treat, and cook for food allergies or intolerances. In this class we will explore the roles of local and organic foods, common plant phytochemicals, genetically modified foods, and common preservatives in immune and metabolic health, environmental impressions, and economic impact. We will also cover hidden and little-known sources of allergens, and in the kitchen we will prepare lactose- and gluten-free recipes.	1. Identify the "Big 8" food allergens and labeling of such, including hidden sources of these products. 2. Articulate the prevalence of food-related allergens, sensitivities, and autoimmune diseases Distinguish between Oral Allergy Syndrome and Food Allergy. 3. Describe the varying degrees of lactose intolerance. 4. Identify the USDA recommendations with respect to Calcium, Vitamin D, and Vitamin B. 5. Identify healthy non-bovine-dairy sources of Calcium, Vitamin D, and Vitamin B. 6. Discuss the diagnosis and misconceptions of celiac disease. 7. Describe FODMAP sensitivity and identify the components of a low-FODMAP diet. 8. Identify high- and low-FODMAP foods. 9. Delineate the differences between organic and conventionally-grown foods with respect to healthfulness. 10. Discuss phytochemicals and their role in anti-oxidation, immune system health, anti-inflammatory properties, cellular repair, and disease prevention 11. Justify the impact health care practitioners can have on diagnosing and controlling allergy symptoms through diet intervention.
5	Protein & Vegetarian Diet	We focus on the biological need for dietary proteins, focusing on essential amino acids and their dietary sources. We outline the dietary needs and sources of protein and focus on a variety of types of vegetarian	1. Describe how protein is digested. 2. Discuss the physiological roles protein plays in the body in terms of its uses and functions.

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		diets, research on health outcomes for different dietary patterns, possible nutritional deficiencies and the ways vegetarians and vegans can ensure adequate protein intake. In the kitchen we prepare meals showcasing different vegetarian style diets, focusing on satiety and complementary proteins.	3. Identify what classifies an amino acid as "essential." 4. Apply knowledge of protein requirements over the lifecycle to determine when and how to make necessary adjustments. 5. Describe the importance of including seafood as a source of protein.i 6. Explain strategies used when buying both land animal protein and seafood. 7. List proper handling techniques and safe internal cooking temperatures for animal proteins. 8. Define and identify lean sources of animal protein. 9. Define and distinguish complete, incomplete, and complementary sources of protein. 10. Describe the four most common types of vegetarian diets. 11. Explain the implications of following a vegetarian diet in terms of disease risk and nutritional quality. 12. Recognize the importance of and how to assess for common eating disorders. 13. Outline the standard of care for treatment of the most common eating disorders..
6	Sodium, Potassium and Renal Homeostasis	Attendees examine the physiological effects of high-sodium diets and their prevalence in American culture and take a more in-depth look at the DASH diet, including studies examining its efficacy in reducing the need for medication in hypertensive subjects. In the kitchen we discuss the principles of flavor building techniques in cooking while exploring salt's role in flavor. We cook reduced-sodium dinner options while discussing ways to reduce and replace sodium in meals.	1. Describe the mechanisms of hypertension and health-related implications. 2. Describe the connection between sodium intake and hypertension. 3. Recall common sources of sodium in the American diet. 4. Discuss how potassium intake relates to hypertension, cardiovascular and chronic kidney disease. 5.. List major dietary sources of potassium. 6. Describe the JNC-7 and JNC-8 guidelines for lifestyle management of hypertension. 7.Discuss the aspects of the DASH Diet that have been linked to research-supported improved cardiovascular health outcomes. 8. Explain the components of the DASH Diet and how they relate to the treatment of hypertension.

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			9. Outline the general dietary goals for chronic kidney disease patients, paying particular attention to how and why diet changes in more advanced stages. 10. Identify foods that are the most concentrated sources of phosphorus. 11. Summarize practical changes that can be made to eating and shopping habits to reduce sodium intake. 12. Recall the five primary tastes 13. List common flavor-building techniques and ingredients that help to achieve umami flavors. 14 Identify ingredients and techniques that can be used to effectively balance tastes when preparing meals.
7	Carbohydrates and Diabetes Mellitus	This module focuses on the physiological impact of digesting different types of carbohydrates and assesses the role of certain carbohydrates in promoting satiety, regulating blood glucose and sustaining energy, with a further look into whole grains. In the kitchen we focus on strategies for reducing sugar consumption, especially in snacking, and discuss guidelines for healthier snacking and desserts.	1. Identify primary sources of carbohydrates in the diet. 2. Describe the structure, digestion, transport, and regulation of the various forms of carbohydrates in the diet. 3. Describe carbohydrate needs and how carbohydrate functions in the body. 4. Distinguish sources that are high in complex carbohydrates and simple carbohydrates. 5. Describe the current scientific literature related to high fructose corn syrup. 6. Explain the different categorizations of diabetes in terms of symptoms, diagnostic criteria, target populations, and relevant lab values. 7. Review the NCEP and WHO criteria for metabolic syndrome. 8. Explain the holistic approach to type 2 diabetes remission. 8. List the three primary classifications of carbohydrates with an emphasis on their effect on glucose metabolism. 9. Explain the intricacies of fiber; where it comes from, how it functions in the body, and the specific health impacts attributed to soluble and insoluble varieties. 10. Identify RDA of fiber throughout the lifecycle.

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			11. Identify the components of a whole grain and explain the difference between whole and refined grains in regards to physical and nutritional composition. 12. Explain the science supporting Glycemic Index and Glycemic Load and any potential negative consequences caused by following diets based on these principles. 13. Summarize the evidence-based research pertaining to artificial and natural sweeteners. 14. Identify approaches to aid in controlling sugar intake, with a focus on portion size and frequency of intake. 15. Recognize substitutes for common snacks with items higher in fiber and lower in sodium and simple carbohydrates.

Lifecycle, Condition and Disease Specific Topics

Number	Title	Outline	Objectives
8	The Pediatric Diet	A Family Approach to Healthy Children We discuss pediatric nutrition and examine childhood obesity statistics and consequences. We also examine common pediatric diets, common challenges, and provide guidelines for healthy alternatives, with a brief look at infant feeding. In the kitchen we look at the idea of "kid-friendly" meals and prepare different recipes that the whole family can enjoy.	1. Evaluate the causes and effects of childhood obesity and identify means of prevention. 2. Compare the prevalence, duration, and health status of breastfed versus non-breastfed children. 3. Recognize the importance of maternal dietary counseling of their children during the first few years of life as a means of encouraging healthy eating habits. 4. Interpret caloric guidelines based upon age, gender, and activity level. 5. Describe how the caloric guidelines translate to meals and snacks. 6. List proper food choices throughout the lifecycle of children including foods to avoid. 7. Identify food components that contribute to the obesity epidemic, distinguish energy dense foods from nutrient dense foods. 8. Understand energy density comparisons between snack foods and how to discuss examples with parents and patients.

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			9. Recognize the challenge parents face while feeding their children. Break down the essential needs for food shopping, menu planning, and meal choices. 10. Distinguish healthy choices for breakfast, lunch and dinner. 11. Identify proper portion control and the importance of appropriate serving sizes for meals and snacks. 12. Describe the contribution of fiber to satiety and general health. 13. Explain the procedure and benefits of making baby food.
9	Sports Nutrition	In this module, we discuss the dietetic requirements of athletes including hydration and increased protein needs based on lean body mass. We consider the different types of athletes and consider their unique nutritional requirements, while also touching on the macronutrient content of meals before, during, and after exercise. In the kitchen we make homemade sports drinks as well as pre- and post-event meals.	1. Describe the differences between sedentary and active patients and their caloric requirements. 2. Summarize common lean mass methods for determining body composition. 3. Explain the recommended amount of each macronutrient depending on the type of activity, duration, and intensity of training or competition. 4. Distinguish the special considerations for an athlete with diabetes. 5. Discuss BCAAs or Essential AAs, vs. Total protein needs and types 6. Justify the importance of hydration needs during exercise. 7. Discuss the impact of exercise on calorie consumption including athletes who are pregnant or breastfeeding . 8. Discuss optimum nutrition strategies with patients for moderate exercise. 9. Explain the impact of hydration on exercise endurance and recovery at all levels of exertion. 10. Demonstrate knowledge of pre- and post-endurance exercise nutrition and hydration needs. 11. Explain the balance of macronutrients and micronutrients in creating optimal meal plans for athletes.

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			12. Describe strategies to maximize muscle protein synthesis as well as muscle glycogen re-synthesis. 13. Discuss the Female Athlete Triad syndrome and the extension of Relative Energy Deficiency in Sports (RED-S.
10	Cancer Nutrition	Prevention and Diet After Diagnosis This module focuses on the effect that diet can have, both preventatively and post-diagnosis, on cancer patients. We will examine certain foods and antioxidants linked to cancer risk reduction, with a focus on phytochemicals and their common sources; also discussed is the role of obesity and alcohol consumption in certain types of cancer. We outline dietary support and counseling strategies during cancer treatment and prepare plant-predominant, antioxidant-rich recipes in the kitchen.	1. Describe the impact health care practitioners may have on disease prevention through diet intervention. 2. Discuss phytochemicals and their role in anti-oxidation, immune system health, anti-inflammatory properties, cellular repair and disease prevention. 3. Discuss the role of obesity in incidence of cancer. 4. Explain the impact of alcohol consumption on cancer risk, especially the effects of over-consumption. 5. Discuss the alteration of micronutrients based on cooking methods. 6. Identify food sources of phytochemicals. 7. Describe patient counseling strategies to support consumption of beneficial fats. 8. Describe counseling strategies to support fruit and vegetable consumption. 9. Identify strategies for dietary support during chemotherapy or radiation therapy including texture and temperature factors.
12	Pregnancy and Nutrition	In this module we explore the guidelines for changes in diet during pregnancy, including BMI-based weight gain recommendations as well as changes in metabolism, caloric, and exercise needs. We include recent research into maternal nutritional outcomes. We also discuss which foods should be avoided in pregnancy, their sources, which micronutrients are important and their common sources, and the importance of portion sizes. We prepare foods high in these important nutrients while being mindful of nutrient density and portion sizes.	1. Describe changes in the gastrointestinal system during pregnancy 2. Calculate the caloric needs during pregnancy accounting for activity level and trimester 3. Discuss the BMI-based weight gain recommendations and the risks associated with not meeting those guidelines 4. Analyze the macro-nutrient and micro-nutrient requirements during pregnancy 5. Discuss common sources of vitamins/minerals important in pregnancy 6. Identify foods to be avoided during pregnancy, with emphasis on with high mercury content or infectious risk

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			7. Investigate medical disorders requiring special nutritional counseling during pregnancy 8. Explain how the physiological changes during pregnancy relate to insulin sensitivity 9. Describe the maternal and fetal risks associated with gestational diabetes during the pregnancy and long-term 10. Outline the diabetic diet and effective diet modification counseling emphasizing nutrient dense foods and decreasing energy dense foods 11. Assess the benefits of DASH diet in gestational diabetes and preeclampsia 12. Explain how to accommodate for religious dietary observances
13	Celiac Disease	This module is a detailed overview of Celiac Disease, including diagnosis and treatment. The course includes a review of the evidence on non-Celiac gluten sensitivity. We also review the key points behind the pathophysiology and clinical workup for celiac disease as well as the co-morbidities associated with celiac disease. Attendees will learn about the psychosocial aspects of gluten sensitivity and cook gluten-free recipes in the kitchen.	1. Justify the impact health care practitioners can have on diagnosing and managing symptoms of celiac disease through diet intervention. 2. Discuss the diagnosis and misconceptions of celiac disease. 3. Describe the key points behind the pathophysiology and clinical workup for celiac disease. 4. Recognize symptoms potentially related to celiac disease and include it in a differential. 5. Name and describe some of the co-morbidities associated with celiac disease. 6. Recognize the psychosocial aspects of gluten sensitivity. 7. Discuss the evidence for gluten-sensitivity versus celiac disease and wheat allergy. 8. Describe what gluten is and where it is found in the food supply. 9. Explain the threshold of allowable daily gluten in those with celiac disease. 10. Discuss the current literature surrounding non-celiac gluten sensitivity.
15	Food and Neurocognition	This module is a detailed overview of the evidence showing that glucose dysregulation causes impaired brain functioning. We will review how modern diets contribute to increasing rates of dementia, understand the role of diet in ADHD, and review foods shown to be neuroprotective and likely to	1. Discuss the negative impact of the standard American diet on neurocognition and overall health. 2. Discuss the evidence showing a relationship between glucose dysregulation and cognitive functioning.

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		promote optimal brain functioning. Attendees will be able to discuss the negative impact of the standard American diet on neurocognition and the role healthcare practitioners can have in promoting improved cognitive functioning through dietary interventions.	3. List foods shown to be neuroprotective and likely to promote optimal brain functioning. 4. Recognize the role of omega 3 fatty acids in brain health and abnormal brain states. 5. Describe the positive data showing the impact on cognition of whole foods such as tree nuts and berries. 6. Describe the role of diet in ADHD. 7. Identify micronutrients shown to be helpful in ADHD. 8. Understand the role healthcare practitioners can have in promoting improved cognitive functioning through dietary interventions. 9. Demonstrate the ability to counsel patients on choosing healthier carbohydrate alternatives. 10. Identify good sources of omega-3 fatty acids. 11. Discuss the impact of B12 and folate on cognitive health. 12. Recognize how to use the ketogenic diet as a treatment for seizure disorders. 13. Describe the MIND diet and its role in reducing cognitive decline and preventing neurodegenerative diseases like Alzheimer's.
16	Anti-Inflammatory Diet	In this module attendees will learn about the relationship between foods, advanced glycation end products, and free radicals. We will review the evidence about the role of diet in heart disease, stroke, COPD, cancer, Alzheimer's, diabetes, and kidney failure, as well as the inflammatory pathways and where food fits in it. We will also present the evidence showing a relationship between advanced glycation end products, free radicals, and degenerative disorders while making delicious, easy to prepare anti-inflammatory meals.	1. Explain the relationship between foods, advanced glycation end products, and free radicals. 2. Describe how the foods eaten in a Western diet cause chronic inflammation. 3. Explain the role of diet in heart disease, stroke, COPD, cancer, Alzheimer's, diabetes, and kidney failure. 4. Describe the differences between a Mediterranean diet and the anti-inflammatory diet. 5. Discuss how food can influence the inflammatory pathways. 6. Describe the evidence showing a relationship between advanced glycation end products, free radicals, and degenerative disorders. 7. Identify what is the recommended Omega-3 to omega-6 ratio and why.

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			8. Describe the positive data supporting an anti-inflammatory diet. 9. Identify which foods are pro-inflammatory and anti-inflammatory foods that can replace them. 10. Describe the role healthcare practitioners can have in improving disorders connected to chronic inflammation through dietary interventions. 11. Demonstrate the ability to counsel patients on choosing a healthy balance of macronutrients. 12. Identify sources of omega-3 fatty acids and omega-6 fatty acids. 13. Describe how advanced glycation end products and free radicals can lead to disease risk. 14. State why certain foods can improve symptoms of chronic inflammation.
17	IBS/IBD/GERD	We will examine the prevalence of inflammatory bowel disease, irritable bowel syndrome, and gastroesophageal reflux disease in the United States as well their symptoms and how to differentiate between these diseases of the digestive tract. We will discuss the FODMAP (Fermentable Oligo-, Di-, Mono-saccharides And Polyols) diet and recognize which foods contain high FODMAP content and which foods contain a low FODMAP content and present strategies for discussing dietary changes to treat gut disorders. Recipes prepared will showcase the different dietary needs of patients with each of the conditions.	1. Describe the prevalence of IBD/IBS/GERD in the US. 2. Identify the symptoms of IBD, Diverticulitis, IBS, and GERD, as well as how to differentiate between these diseases of the digestive tract. 3. Describe the causes and risk factors for IBS, Diverticulitis, IBD, and GERD. 4. Discuss possible triggers in a patient's diet that may exacerbate IBD, Diverticulitis, IBS, or GERD symptoms. 5. Distinguish between IBD, IBS, and GERD symptomatically. 6. Define the different subtypes of irritable bowel syndrome. 7. List possible causes and risk factors for IBD, Diverticulitis, IBS, and GERD. 8. Recognize the different medical interventions that can be taken to treat patients with IBD, IBS, or GERD. 9. Identify the role healthcare professionals can have in controlling symptoms of IBS, IBD and GERD through diet. 10. Understand what FODMAPs are and their prevalence in the Western diet.

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			11. List foods that contain a high FODMAP content, as well as foods that are FODMAP-free. 12. Develop strategies for maintaining a diet low in FODMAPs while remaining high in nutrients.
18	Congestive Heart Failure	In this module our objective is to understand the incidence, prevalence, risk factors, pathophysiology, mortality and clinical workup for CHF. We will review the relationship between obesity and CHF and learn about the impact health care practitioners can have on controlling and managing symptoms through diet intervention. We will discuss salt and fluid restriction guidelines for patients in various stages of heart failure and explain strategies to reduce salt intake, while also identifying the role and sources of micronutrients, fats, and whole grains for patients at various stages of heart failure.	1. Distinguish the difference between heart failure and heart attack. 2. Describe the incidence, prevalence and mortality of Congestive Heart Failure (CHF). 3. Identify risk factors/ co-morbidities of CHF. 4. Identify the key points behind the pathophysiology and clinical workup for CHF. 5. Describe the classification systems for CHF. 6. Discuss the relationship between obesity and CHF. 7. Justify the impact health care practitioners can have on controlling and managing symptoms through dietary intervention. 8. Describe fluid restriction guidelines for patients in various stages of heart failure. 9. Describe salt restriction guidelines for patients in various stages of heart failure. 10. Explain strategies to reduce salt intake. 11. Discuss the role and sources of micronutrients, fats, and whole grains for patients at various stages of heart failure.
19	HIV/AIDS Nutrition	Attendees will review the stages of HIV infection and corresponding symptoms specifically in the context of diet and nutrition. We will discuss the medical interventions that can be taken to treat patients with HIV and identify the role healthcare professionals can have in controlling symptoms of HIV through diet. Learn which factors contribute to the nutritional challenges for patients with HIV.	1. Recognize the stages of HIV infection and corresponding symptoms. 2. Describe the risk factors, prevalence, and prevention of HIV. 3. Explain how HIV affects the GI tract. 4. Discuss the various ways nutrition impacts HIV. 5. Define wasting syndrome, lipodystrophy, and frailty. 6. Suggest treatment options for wasting syndrome, lipodystrophy, and frailty. 7. Describe the various factors which contribute to the nutritional challenges of HIV. 8. Discuss the appropriateness of vitamin or mineral supplements for HIV patients. 9. State the nutrition recommendations for HIV patients.

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			10. Recognize the importance of food safety for HIV patients.
20	The Geriatric Diet	: The Geriatric Nutrition is designed to shed light onelderly patients' physiological changes, nutritional needs, risks for malnutrition, and adaptive approaches to food preparation and consumption. The module will cover how to screen for malnutrition, develop dietary interventions, and counsel elderly patients and their family members about how to eat healthfully in their later years.	1. Recognize the physiologic changes that occur as a patient ages. 2. Describe the changes in nutritional needs as a patient ages. 3. Describe ways that food is a tool for community building as well as fighting disease. 4. List causes of "anorexia of aging" and possible interventions. 5. Describe adaptive methods for older patients to maintain a healthy diet. 6. Identify types of recipes that may be easily prepared by older patients. 7. Recognize the pros and cons of various nutrition replacement strategies.
21		Mindfulness and Motivational Interviewing: This module is an in-depth look at the techniques and usefulness of mindfulness and motivational interviewing on lifestyle, diet, and health for our patients. We explore the way the principles of mindfulness affected development of therapeutic approaches through basic principles and practices such as the OARS method.	1. Define the key principles of mindfulness 2. Apply principles of mindfulness to eating habits 3. Define goals of motivational interviewing 4. Define key principles of motivational interviewing 5. Elaborate on how principles of mindfulness affected development of therapeutic approaches 6. List pathologies that benefit from mindfulness therapies 7. List pathologies shown to benefit from motivational interviewing interventions 8. Apply OARS method in patient interaction 9. Assess patient status and use appropriate motivational interviewing strategies to address patient needs
22	Eating Disorders	Participants will learn to distinguish between eating disorders including anorexia and bulimia syndromes as well as to understand binge eating disorders. We will present information on other eating disorders, including rumination and pica, as well as strategies for treating eating disorders through medication, psychotherapy, and culinary interventions. This module has no kitchen component.	1. Distinguish between eating disorders including anorexia and bulimia syndromes. 2. Describe binge eating disorders. 3. Describe other eating disorders including rumination and pica. 4. Identify strategies for treating eating disorders including medication, psychotherapy and culinary interventions.

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23	Myths, Fad Diets, Supplements and Controversies	In this module we explore nutrition-related fads, myths, and misconceptions. Instead, we discuss optimal conditions for weight loss and management and explore the literature on proven methods of supplementation and nutrition, and how to evaluate nutrition research. In the kitchen we prepare nourishing recipes and discuss ingredient quality, while introducing sensory evaluation of food.	1. Report the research based findings of the impact of fad diets on patients. 2. Evaluate common myths that are likely to confound healthy diet in patients. 3. Describe fad diets and their effectiveness. 4. Discuss dietary cholesterol and its role in serum lipid profile. 5. Explain egg consumption in health and disease. 6. Describe caffeine and coffee consumption disease risks. 7. Determine the appropriate role of weight-loss supplements in patient health care.
24	Polycystic Ovary Syndrome	Attendees will explore the pathophysiology, signs and symptoms, and diagnostic criteria of PCOS. The module also details the role of weight loss in PCOS, particularly as it relates to insulin resistance. In the kitchen, our objectives include the roles of complex carbohydrates and fiber in PCOS management.	1. Explain the epidemiology and pathophysiology of PCOS. 2. Identify signs, symptoms, and diagnostic criteria of PCOS. 3. Describe first line PCOS therapy. 4. Consider the significance of mental health when counseling women with PCOS. 5. Apply strategies to discuss PCOS with patients including the role of nutrition as treatment. 6. Clarify the role of weight loss in PCOS particularly as it relates to insulin resistance. 7. Distinguish between the roles of complex carbohydrates and fiber in PCOS management. 8. Recognize the elements of the Mediterranean Diet that facilitate weight loss and identify food sources rich in complex carbohydrates and fiber. 9. Specify daily serving sizes of the Mediterranean Diet food groups. 10. Describe food preparation changes, including food group substitutions, to improve patient adherence to the Mediterranean Diet.
25	Bariatric Diet	The goal of this module is for attendees to understand bariatric surgery as a treatment for obesity. The module reviews types, risks, and expected weight loss of surgical options as well as pre- and post-operative expectations. We will discuss the role of nutrition and recommendations for eating pre- and post- surgery.	1. Understand bariatric surgery as a treatment for obesity. 2. Identify types, risks, and expected weight loss of surgical options. 3. Describe pre- and post- operative expectations. 4. Explain the role of nutrition pre- and post-surgery.

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			5. Discuss support strategies to improve long term successful weight loss. 6. Demonstrate an understanding of nutritional deficiencies due to reduced oral intake, reconfiguration of GI motility, or changes in pH and enzymatic profile in bariatric surgical patients. 7. Specify nutrients of concern for post surgical patients and foods to recommend. 8. Discuss and plan tips for patients to meet pre- and post-surgical diet and nutrition needs. 9. Explain food preparation changes including emphasis on fluid and protein to decrease risk of dehydration and deficiency post surgery.
26a	Food Safety and Sanitation	This is a comprehensive module that covers identification of unsafe cooking situations and cooking safety, including details about the temperature danger zone, cross contamination, and cooking temperatures. We will take a thorough look at the most common causes of food borne illness and explore the steps that can be taken to prevent food borne illnesses when it comes to storage and reheating foods.	1. State the key points of cooking safety, including details about the temperature danger zone, cross contamination, and cooking temperatures. 2. Describe interventions that can be taken to prevent food borne illness. 3. List the most common causes of food borne illness. 4. Describe the most common food borne illnesses and the incubation period and duration of bacterial illnesses. 5. Identify the signs of spoilage and determine when a food is no longer usable. 6. Explain the ideal conditions for food storage, both at home and for events. 7. Discuss the difference between "best by", "sell by", and expiration dates. 8. List the proper steps for chilling foods and for thawing foods. 9. Demonstrate knowledge of proper thermometer technique and final cook temperatures.
27	Billing and Coding for Lifestyle Medicine	Attendees will develop an understanding of how physicians currently bill for lifestyle counseling and preventative care including Z-codes, CPT codes and HCPCS codes for nutritional counseling. Also discussed are the benefits of shared medical	1. Describe how lifestyle counseling and preventative care can be better incorporated in your practice.

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		appointments billing and codes designated for Medical Nutrition Therapy. Physicians are encouraged to consult with a Registered Dietitian for individual or group patient counseling.	2. Define Z-codes and give examples of application by specific providers in various settings. 3. Discuss frequently used CPT and HCPCS codes for nutrition counseling. 4. Identify the essential components of obesity counseling and develop your own approach based on the USPSTF 5-A Approach in scheduled visits recommended by CMS guidelines. 5. Identify new CPT codes used in alternative practice settings. 6. Discuss the benefits of group counseling and telephonic health management and develop a plan to implement them into your practice. 7. Learn the documentation necessary to secure maximal reimbursement for counseling services.
28	PKU Nutrition	In this module we review the current guidelines in management of PKU (Phenylketonuria) and work to develop an increased understanding of the required dietary modifications in PKU. Attendees will learn the optimal treatment range for plasma PHE and will be able to describe how a patient with classical PKU and one with a milder mutation vary in treatment needs. This module also reviews current therapies such as long-chain polyunsaturated fatty acids and large neutral amino acids as well as the medical necessity for medical food supplements (metabolic formula) in patient care.	1. State the current guidelines in management of PKU 2. Apply knowledge of nutrition and disease state to identify PKU-appropriate recipes 3. Describe the prevalence and pathophysiology of PKU 4. Calculate dietary PHE 5. Discuss the optimal treatment range for plasma PHE 6. Describe how a patient with classical PKU and one with a milder mutation vary in treatment needs. 7. Explain the current medical treatments for PKU 8. Analyze current therapies such as long-chain polyunsaturated fatty acids and large neutral amino acids. 9. Describe the medical necessity for medical food supplements (metabolic formula) in patient care 10. Identify problems that occur upon discontinuation of appropriate diets 11. Discuss potential comorbidities occurring in PKU and how they are affected by diet 12. Describe the specific needs and problems (fetal risk) that arise in pregnancy for women with PKU

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			13. Recognize the importance of PHE control in women that are or are about to become pregnant 14. Describe general dietary tips for patients with PKU 15. Identify foods high and low in PHE and further categorize into which foods may be omitted, limited, or allowed freely 16. Apply knowledge of PHE in food to determine PHE intake 17. Tailor dietary advice for patients based on PKU classification 18. State the basic concepts of healthy recipe conversion techniques and ingredients to make healthy, flavorful meals 19. Explain the role of protein and the optimum protein choices for patients with PKU 20. Categorize various foods in groups based on amounts of protein 21. Practice cooking techniques and identify culinary substitutions to create flavorful PKU-appropriate meals 22. Troubleshoot common issues in patient compliance with diet and provide alternative choices 23. Construct a balanced PHE diet for an individual patient, including: appropriate restriction of intact protein foods, medical food, and modified low protein foods. 24. Explain the use of modified low protein foods and identify potential obstacles with adherence 25. Describe food records and their pros and cons in taking care of patients with PKU
29	Enteral and Parenteral Nutrition	We will examine the research-based findings of the impact of enteral and parenteral nutrition on patients and develop an increased understanding of enteral and parenteral nutrition's advantages and disadvantages.	1. Report the research based findings of the impact of enteral and parenteral nutrition on patients. 2. Review the advantages and disadvantages of enteral and parenteral nutrition 3. Explain enteral and parenteral nutrition, access sites, and types of administration. 4. Describe the history of enteral nutrition support.

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			5. Describe the "LeRoy catastrophe" and the needs of nutrition support. 6. Interpret the indications and contraindications of enteral and parenteral nutrition support for long term and short term needs. 7. Identify advantages, disadvantages, and common complications of enteral and parenteral nutrition support. 8. Calculate the total calories, carbohydrates, protein, and fat of enteral and parenteral nutrition support. 9. Assess how to choose an enteral formula. 10. Associate the electrolytes, vitamin, and trace elements of parenteral nutrition. 11. Identify medications that can be added to parenteral nutrition support. 12. List types of parenteral nutrition infusion. 13. List the ethical issues concerning parenteral nutrition support.
30a	Food Security – SNAP & WIC Programs	The module provides definitions of food security in vulnerable populations as well as the link between food security and chronic long-term disease risk. Participants review current research on the impact and outcomes of food security in especially in the pediatric population and the impact of food insecurity in the family. Programming covers pathologies that may result from issues with food security and factors for community members with increased risk of food insecurity compared to those who are food secure.	1. Provide definitions of food security in vulnerable populations. 2. Demonstrate an understanding of the links between food security and chronic long-term disease risk. 3. Present evidence regarding non-nutritional and nutritional consequences of food insecurity. 4. Interpret current research on the impact and outcomes of food security in especially in the pediatric population. 5. Demonstrate an understanding of the impact of food insecurity in the family. 6. Describe both SNAP and WIC programming and their impact on individuals and population health. of food security in the elderly. 7. Detail pathologies that may result from issues with food security. 8. Distinguish high-risk factors for community members with increased risk of food insecurity compared to those who are food secure.

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			9. Organize a list of biomedical and psychosocial strategies aimed to reduce risk of food insecurity. 10. Discuss and review non-nutritional and nutritional consequences of food insecurity.
30c	Food Security – Food Banks and Medically Tailored Meals	Programming that covers the current offerings of food banks and medically tailored meal programs. The module looks at the specific requirements for delivery of ingredients and meals to the food insecure population.	1. Describe food security. 2. Investigate age-related decline and pathologies that contribute to issues with food security. 3. Asses how accessibility and affordability may contribute to food insecurity 4. Define and understand the meanings of terminology relating to food insecurity 5. Explain the relationship between food banks and medically tailored meal programs 6. Identify the appropriate actions a healthcare provider can take to address food insecurity 7. Identify the effects of medically tailored meal programs on food insecurity and chronic disease 8. Identify the various factors that contribute to the risk of food insecurity 9. Review how medically tailored meals address factors associated with food insecurity 10. Understand the economic implications of healthy eating 11. Understand the prevalence of food insecurity in the United States
30e	Food Security – Older Adults	Participants investigate age-related decline and pathologies that contribute to issues with food security. Programming covers factors for older adults with increased risk of food insecurity compared to those who are food secure. The course connects the link between food security and chronic long-term disease risk and helps healthcare professionals design strategies and models applying to older patients.	1. Describe food security. 2. Investigate age-related decline and pathologies that contribute to issues with food security. 3. Distinguish high-risk factors for older adults with increased risk of food insecurity compared to those who are food secure. 4. Organize a list of biomedical and psychosocial strategies aimed to reduce risk of food insecurity. 5. Connect the links between food security and chronic long-term disease risk.

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			6. Discuss and review non-nutritional and nutritional consequences of food insecurity. 7. Interpret current research on the impact and outcomes of food security in older adults. 8. Determine the appropriate role of comprehensive assessment of medical and personal history that includes risk factors for food insecurity for application use in the field. 9. Discuss the food insecure and obesity paradox of the malnourished obese older adults. 10. Investigate the psychosocial and biomedical barriers to healthy eating (e.g., social support, demographics, cultural differences, life-long habits, physical and/or cognitive disabilities). 11. Review nutritional consequences of food insecurity (e.g., decreased caloric intake, decreased nutrient intake, increased risk for malnourishment and/or weight loss, anemia). 12. Explain the role of carbohydrates and the optimum quality of carbohydrate rich ingredient choices while providing strategies to improve affordability and availability of these products. 13. Manage referrals to other healthcare providers (e.g., dietitians to provide education on nutritionally dense choices to reduce risk of food insecurity and use of speech language-pathologists to rule out dysphagia if signs/symptoms present). 14. Design strategies and models provision of education to older patients, regarding public and private programs and supports including SNAP that are in their local community.
32	Pharmaceutical Treatment of Obesity	This module covers the impact of obesity on individual health and its associated health care costs. Participants learn about the current use of anti-obesity medications, the indications for anti-obesity medications, the neurochemistry of obesity, appetite, and satiety as well as anti-obesity medications' effects on weight reduction and metabolic profiles of patients.	1. Describe the impact of obesity on individual health and its associated health care costs. 2. Describe the current use of anti-obesity medications. 3. Identify the indications for anti-obesity medications. 4. Explain the neurochemistry of obesity, appetite, and satiety. 5. Discuss the FDA approved anti-obesity medications' mechanisms of action, side effects, dosing, and contraindications.

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			6. Describe what constitutes clinically significant weight loss 7. Describe the efficacy and safety of anti-obesity medications. 8. Develop a rationale for using one particular agent over another in different clinical situations. 9. Explain anti-obesity medications' effects on weight reduction and metabolic profiles of patients.
33	Systemic Approaches to Obesity	This module describes obesity as a multifactorial disease process and reviews the complications of obesity. This module also helps learners understand a multifaceted approach to the management of obesity. Topics range from dietary counseling, meal replacement, and pharmaceutical approaches to cognitive behavioral therapy.	1. Explain obesity as a multifactorial disease process. 2. Recognize the strengths and weaknesses of screening tools for obesity3.. Recall the complications of obesity. 4.. Discuss the components of systemic approaches to the management of obesity. 5. Describe possible patient specific barriers to implementing healthy lifestyles. 6. Summarize individual management options for obesity. 7. Compare the efficacy of singular approaches versus combined programs. 8. Describe the role of preventative medicine outreach. 9. Recognize better practices for patient-provider communication. 10. Synthesize patient plan of care using community resources.

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