

Advances in Integrative Nutrition

October 31 - November 3, 2019

Course Objectives

At the conclusion of this activity, participants should be able to:

- Understand the complex role of nutrition in human biochemistry, physiology, illness and health
- Describe the role and contribution of specific macro- and micro- nutrients to nutritional status and health
- Explain the differences among common dietary approaches and popular diets, and discuss the evidence and pitfalls for each
- Define biomarkers of nutritional deficiencies and suboptimal nutritional state
- Recognize safety issues related to nutritional supplementation
- Describe best practices for nutritional supplementation
- Outline best practices for nutritional planning and support
- Discuss macro-and micronutrient content in different food groups and assess their contributions to the overall nutrition plan
- Develop healthy nutrition plans for self and others
- Assess their individual practices in light of the information and discussions during the course, and identify specific strategies to implement as part of a continuing improvement process for their practices.