The Nutrition Prescription

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Informative discussion on the current state of American nutrition, at-risk populations regarding macro and micronutrients, and the role of nutrition in the prevention and management of many chronic disorders. We will explore several dietary approaches including the Mediterranean diet, the Atkin’s diet, the DASH diet, and a Low-Glycemic Load diet.
OBJECTIVES:

1. Participants will be able to identify key components of the Mediterranean diet.

2. Participants will be able to discuss the evidence for recommending the Mediterranean diet for patients at risk for cardiovascular disease.

3. Participants will be able to describe the evidence for using the glycemic index/load in patients at risk for diabetes.