

## Recorded Webinar: Plant-Based Eating: A Sustainable Lifestyle

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### Overview

**Suggested CDR Learning Codes: 8000, 8018; Level 2**

Growing evidence indicates that eating a plant-based diet has a kinder impact on the environment due to its link with sustainability. Sharon Palmer defines sustainability measures in the food system and examines the impact of the Western diet vs. a plant-based diet on environmental issues, such as climate change, pollution, and resource usage. Sharon provides recommendations for a more sustainable eating pattern based on plants and strategies RDs can use to educate their clients.

The live version of this webinar was presented by Sharon Palmer, RDN, on **Thursday, January 29, 2015, at 2 pm EDT**. This recorded version is approved for **one hour of continuing education credit**. RDs should list code 175, Recorded Pre-Approved Self-Study Materials, for this activity type.

This complimentary 1-credit continuing education webinar is brought to you with support from Morningstar Farms. Please note that Morningstar Farms provided financial support only and did not have input into the information provided in this course. The presenter of this course reports the following relevant disclosure: she serves as a nutrition advisor to Oldways Vegetarian Network. Sharon has certified that no conflict of interest exists for this program. View our disclosure policy.

### Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

1. Define sustainability in the food system.
2. List three indicators of food sustainability.
3. Explain strategies to promote plant-based eating patterns that are linked with sustainability.

#### Course summary

##### Available credit:

- 1.00 CDR

**Course opens:** 01/30/2015

**Course expires:** 01/28/2016

**Cost:** \$0.00

#### Faculty

#### Accreditation

#### Register/Take course