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Recorded Webinar: The Latest Science on the Many Health Benefits of Tree Nuts

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Overview

Suggested CDR Learning Codes: 2070, 2090, 2100, 9020; Level 2
Suggested CDR Performance Indicators: 8.1.3, 8.1.4, 8.3.1, 8.3.7

Many scientific studies have highlighted the health benefits of regular tree nut consumption, including reduced risk of cardiovascular disease and type 2 diabetes. And emerging research suggests that tree nuts' high satiety value can be an effective tool in weight management.
This continuing education webinar will provide an updated review of the research linking tree nut consumption with reduced risk of cardiovascular disease and diabetes. Research relating to nut consumption and weight management—including nutrient content, satiety value and digestibility of energy—will also be examined. The practical application of the data will also be presented, leaving attendees with tools to implement in their practices.
The live version of this webinar was presented by Penny Kris-Etherton, PhD, RD, FAHA, Richard D. Mattes, MPH, PhD, RD, and Sharon Palmer, RDN, on **Thursday, March 19, 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 American Pistachio Growers. Please note that American Pistachio Growers provided financial support only and did not have input into the information provided in this course. Disclosures: Dr. Kris-Etherton has no disclosures for this program. Dr. Mattes reports the following relevant disclosures: he has received grants/research support and honorarium from Almond Board of California. Sharon Palmer reports the following relevant disclosures: she provides consultant services for a select group of organizations, including American Pistachio Growers, Daisy Brand Cottage Cheese, SOYJOY, and Tomato Product Wellness Council. The presenters have certified that no conflict of interest exists for this program. View our disclosure policy.
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Learning Objectives

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

1. Discuss recent research relating tree nut consumption and health benefits including cardiovascular risk factors, diabetes and healthy weight.
2. Identify the primary mechanisms that link tree nut consumption to health benefits relating to cardiovascular risk,

diabetes risk and healthy weight.
3. Evaluate and respond to patient questions and concerns about eating nuts.
4. Provide clients with evidence-based recommendations for tree nut consumption.

Course summary

Available credit:
- 1.00 CDR

Course opens: 04/06/2015
Course expires: 03/18/2016

Cost:$0.00

Faculty

Accreditation

Register/Take course