

# Saturated Fat and Heart Health: A Changing Picture?

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## Overview

*Suggested CDR Learning Codes: 2070, 5160; Level 2*

*Suggested CDR Performance Indicators: 6.2.5, 8.1.4, 8.3.6*

This course reviews the latest research on saturated fat and heart health and examines possible reasons for inconsistencies in the research. In addition, it presents recommendations for counseling clients and the public based on what is known about healthful eating patterns to prevent cardiovascular disease.

Course content is written by Anne Danahy, MS, RDN, a Scottsdale, Arizona-based nutrition writer who also provides recipe development and marketing and communications services to food and restaurant clients. She reports no disclosures relating to this course.

*Sponsorship for this course ended on 8/18/16.*

## Learning Objectives

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

1. Identify and explain the inconsistencies between more current and past research on saturated fat and cardiovascular disease.
2. Differentiate between various types of saturated fatty acids, and the role each plays in the progression of heart disease.
3. Examine the dietary factors that place individuals at risk for cardiovascular disease.
4. Make recommendations regarding the consumption of saturated fat within the context of the entire diet.

### Course summary

**Available credit:**

- 2.00 CDR

**Course opens:** 08/18/2015

**Course expires:** 08/17/2018

**Rating:**



**Cost:\$24.00**

## Accreditation

## Register/Take course