

## Vitamin D and Cancer — Evidence Suggests This Vital Nutrient May Cut Risk

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### Overview

*Suggested CDR Learning Codes: 2000, 2090, 2100, 3060, 3100, 4040, 5150; Level 2*

This continuing education activity will evaluate the role vitamin D plays in cancer prevention and provide nutrition professionals with strategies for counseling patients.

Course content appeared as the **CPE Monthly** in the October 2012 issue of **Today's Dietitian**. It was written by Densie Webb, PhD, RD, a freelance writer, editor, and industry consultant based in Austin, Texas.

### Learning Objectives

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

1. Assess the latest research on the association between vitamin D intake and cancer risk.
2. Discuss basic vitamin D metabolism.
3. Distinguish the forms of vitamin D.
4. Evaluate what is a low level of vitamin D in the blood and the range of what is now considered an optimal dose.

#### Course summary

**Available credit:**

- 2.00 CDR

**Course opens:** 10/02/2012

**Course expires:** 10/02/2013

**Cost:\$24.00**

### Accreditation

### Register/Take course