

# Tracking Today's Top Diet Trends

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## Overview

*Suggested CDR Learning Codes: 4010, 4090, 5390; Level 2*

This continuing education course identifies and examines the current diet trends and provide recommendations and strategies for how RDs can apply them to public health and private nutrition settings.

Course content was written by Sharon Palmer, RD, a contributing editor at *Today's Dietitian*, a freelance food and nutrition writer in southern California, and author of *The Plant-Powered Diet*

## Learning Objectives

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

1. List and understand the significance of current diet trends that may influence consumers' food choices.
2. Identify key diet trends that may impact the food choices of patients with particular nutrition concerns.
3. Apply current diet trends to public health and private nutrition settings.
4. Understand specific motivators that may influence your patients' behavior.

### Course summary

**Available credit:**

- 2.00 CDR

**Course opens:** 04/25/2012

**Course expires:** 04/25/2015

**Cost:\$24.00**

## Accreditation

## Register/Take course