

Recorded Webinar: Help Your Patients Fill Their Fiber Gaps

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Overview

□ *Suggested CDR Learning Codes: 2000, 2020, 2070, 4000, 4030, 4040, 5460, 6010, 8090; Level 2*
Surveys indicate that people fall dramatically short of their recommended fiber goals, missing out on a key strategy to promote health. Join Sharon Palmer, RD, a contributing editor at **Today's Dietitian** and author of **The Plant-Powered Diet** for a complimentary one-hour continuing education webinar, during which you will learn:

- Why people do not consume adequate amounts of fiber
- Information about various types of fiber that can help promote health
- Strategies to help your patients increase their fiber intake

This webinar was presented on **Thursday, November 8, 2012, at 2 pm ET** and is approved for **one hour of continuing education credit**.

This complimentary continuing education webinar is brought to you with support from Kellogg's.

Kellogg's selection of ready-to-eat cereal offers consumers more cereals that provide 8 grams of whole grain and at least a good source of fiber than any other U.S. brand.*

*Disclosure: August 2012, based on label and website comparisons of nationally branded cereals.

Click here to download an updated copy of the slideshow containing supplemental information and associated handouts.

Learning Objectives

At the conclusion of this CE webinar, participating professionals should be able to:

1. List reasons why Americans tend to fall short on fiber intake.
2. Name different types of fiber and identify sources of each.
3. Identify specific health benefits resulting from satisfactory fiber consumption.
4. Assist patients in filling their fiber gaps at meals and snacks.
5. Identify opportunities to offer fiber supplementation as appropriate for certain populations.

Course summary

Available credit:

- 1.00 CDR

Course opens: 04/10/2013

Course expires: 04/10/2014

Cost:\$0.00

Accreditation

Register/Take course