

Recorded Webinar: Dairy's Role in Lactose Intolerance

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Overview

Suggested CDR Learning Codes: 5000, 5090, 5110; Level 2

Approximately 30 million Americans have been identified as lactose intolerant. Although the condition affects a large segment of the population, many myths surround lactose intolerance, and patients often develop misunderstandings related to it. This webinar will provide a current review of the known symptoms and causes of lactose intolerance as well as information about its diagnosis. The presentation will also address and debunk several popular myths related to lactose intolerance and provide nutrition professionals with practical take-away advice for advising patients who must manage the condition.

The live version of this webinar was presented by Toby Amidor, MS, RD, CDN and moderated by Constance Brown-Riggs MEd, RD, CDE, CDN on **Wednesday, October 1, 2014, 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 **Dannon**. Please note that Dannon provided financial support only and did not have input into the information provided in this course. The presenter of this course reported the following relevant disclosure: she serves as a consultant to Dannon's Yogurt Advisory Board and the National Dairy Counsel's Lactose Intolerance Speaker's Bureau. The moderator of this course reported the following relevant disclosure: she serves as a nutrition advisor for Dannon's One Yogurt Everyday initiative. View our disclosure policy.

Learning Objectives

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

1. Explain to clients with lactose intolerance the importance of including "real" dairy as part of lactose intolerance management.
2. Debunk common myths surrounding dairy avoidance.
3. Provide clients with practical lactose intolerance management tips and techniques.
4. Respond to client questions regarding lactose intolerance.

Course summary

Available credit:

- 1.00 CDR

Course opens: 10/08/2014

Course expires: 09/30/2015

Cost:\$0.00

Faculty

Accreditation

Register/Take course