

Joint Webinar Presentation



Concepts and Controversy: Dietary Recommendations for Cardiovascular Disease

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Presented by Penny Kris-Etherton, PhD, RD, FAHA, FNLA, FASN, CLS
Thursday, September 28, 2:00-3:30pm ET

Date: Wednesday, September 28, 2017

Time: 2-3:30 pm Eastern Time (ET)

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Suggested CDR Learning Needs Codes: 2020, 2070, 4040, 5160; Level 2

Suggested CDR Performance Indicators: 8.1.3, 8.1.4, 8.3.6, 8.4.1

This joint Becky Dörner & Associates and *Today's Dietitian* webinar by **Penny Kris-Etherton, PhD, RD, FAHA, FNLA, FASN, CLS**, will examine the most current dietary recommendations for the prevention of CVD, the science behind these recommendations, discuss current controversies and the underlying science, the key strategies that RDNs can implement to deal with controversies, and make food-based dietary recommendations to translate to a healthy dietary pattern.

Attendees will learn about practical approaches to counseling patients and clients about saturated fat, polyunsaturated fat, sodium and cholesterol, to reduce risk of CVD. The program will also cover the American Heart Association's Presidential Advisory on Dietary Fats, published in June 2017, and the public debate that surrounds this. RDNs are well positioned to teach/counsel on a food-based approach as a strategy for CVD prevention that can help people move beyond the controversies.

Learning Objectives

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

1. Understand why there are some misunderstandings (controversies) about the current Dietary Guidelines for SFA, PUFA, cholesterol and sodium.
2. Address these controversies in practice using food-based recommendations.

How to Join the Webinar

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System Requirements

Operating System	Internet Browser	Media Playback	Audio
Windows 10	Google Chrome 55+	HTML5 streaming enabled browser	Audio must be streamed through computer speakers or mobile device.
Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 51+	Android http streaming enabled browser	We recommend using Firefox or Google Chrome for optimal experience.
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