

Exclusive Webinar Presentation

Food Psychology:

Why We Eat More
Than We Think

Earn
1 CEU



Presented by Jim Painter, PhD, RD Wednesday, June 21 2:00-3:00pm ET

Date: Wednesday, June 21, 2017

Time: 2-3 pm Eastern Time (ET)

Convert to your time zone at: <http://www.timeanddate.com/worldclock/converter.html>

Suggested CDR Learning Codes: 4030, 5370, 8015, 9020; Level 2

Suggested CDR Performance Indicators: 4.1.2, 8.3.6, 8.4.5, 13.2.7

Most people are not aware of the volume of food they consume and this lack of awareness may lead to over-consumption. **Jim Painter, PhD, RD**, will illustrate with examples how portion sizes have increased over the past two decades and the ways to control food portions: by changing the dining environment with smaller eating implements, become more aware of the foods that we eat using visual cues, food journaling, and making food less visible and accessible.

Dr. Painter will also present techniques to help consumers be aware of their eating patterns and provide ways to reduce intake. He will also discuss current research regarding mindful eating and modifying the eating environment to encourage consumers to make better choices.

Learning Objectives

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

1. Recognize that most people are not aware of their total consumption
2. List environmental factors that lead to over-consumption
3. Identify techniques that will help individuals to track their consumption and reduce weight
4. Identify common pitfalls that cause individuals to overconsume food

How to Join the Webinar

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Handouts

A copy of the presentation slideshow and associated handouts will be available to download during the webinar in the live presentation viewer under the “Event Resources” tab.

System Requirements

Operating System	Internet Browser	Media Playback	Audio
Windows 10	Google Chrome 50+	Adobe Flash Player 20+	Audio must be streamed through computer speakers or mobile device. We recommend using Firefox or Google Chrome for optimal experience.
Windows 8.1+ Pro	Internet Explorer 11+	Apple iOS http streaming enabled browser	
Windows 7	Firefox 46+	Android http streaming enabled browser	
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