

**Exclusive Webinar Presentation**

**An In-Depth Look Into the Dietary Guidelines**

Presented by Toby Amidor, MS, RD, CDN

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**Thursday, January 12, 2017, from 2-3 PM EST**

**Date: Thursday, January 12, 2017**

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

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*Suggested CDR Learning Codes: 1080, 4000, 4030, 4040; Level 2*

*Suggested CDR Performance Indicators: 6.2.5, 8.1.4, 8.3.6, 13.2.1*

Registered Dietitians have had a year to examine, interpret and work with the 2015 Dietary Guidelines. In that time, the profession has gained a more thorough understanding of the changes to the Dietary Guidelines, as well as the implications of these changes. Moreover, there has been an opportunity to explore and resolve the numerous controversies regarding the Dietary Guidelines that emerged in the dietetics profession over the past year.

In this timely and thought-provoking webinar, Toby Amidor, MS, RD, CDN, will discuss what the first year of living with the 2015 Dietary Guidelines has revealed to Registered Dietitians. She will also explore practical strategies for counseling patients and clients in order to achieve the most current understanding of the Dietary Guideline recommendations.

### **Learning Objectives**

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

1. Understand the process of how the Dietary Guidelines are created.
2. Explain why modifications were made to the Dietary Guidelines.
3. List three noteworthy changes to the Dietary Guidelines.
4. Communicate healthy eating messages to their clients that are consistent with the Dietary Guidelines.

### **How to Join the Webinar**

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1126150>.
2. Log in with the e-mail address you used during registration.
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## Handouts

Visit the “[Webinar Materials](#)” section of our Resources tab for a copy of the slideshow PDF, resources, and other handouts. Handouts will also 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
PC-based attendees: Windows® 7, Vista, or XP  Macintosh®-based attendees: Mac OS® X 10.6+  Mobile attendees: Apple iOS 5.1+ or Android 2.2+	Internet Explorer 7.0+, Firefox 4+, Safari 5+, or Google Chrome 10+	Adobe Flash Player 10.1+  Mobile attendees: Apple iOS or Android http streaming enabled browser	Audio must be streamed through computer speakers or mobile device.  We recommend using Firefox or Google Chrome for optimal experience.

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