Exclusive Webinar Presentation

Veganism
Plant-Based Diets and Eating Disorders

Earn 1 CPEU

Presented by Alexandra Caspero MA, RD, CLT, RYT
Wednesday, August 23, 2:00-3:00pm ET

Date: Wednesday, August 23, 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: 4110, 5200, 6020, 6060
Suggested CDR Performance Indicators: 8.2.1, 8.2.3, 8.3.6, 9.6.6; Level 2

Can you be both vegan and working on recovering from an Eating Disorder? This presentation will explore the relationship between plant-based diets, orthorexia and anorexia. While many clients will do better on an omnivore diet, it is possible to counsel clients who wish to remain vegan and work on their recovery. This webinar will touch on various diets of restriction and how they overlap with eating disorder recovery as well as provide tools for dietitians working with these special populations.

Learning Objectives
After completing this continuing education series, nutrition professionals should be able to:
1. Define the various diets under a vegetarian umbrella (vegan, raw, plant-based, semi-vegetarian, lacto-ovo vegetarian, flexitarian)
2. Identify three reasons one might choose these diet patterns
3. List three nutrients of concern in a plant-based diet
4. Discuss three ways to work with plant-based eating disorder clients

How to Join the Webinar
1. Go to **https://goto.webcasts.com/starthere.jsp?ei=1157127&tp_key=35b3891804**
2. Log in with the e-mail address you used during registration.
3. Unmute your computer speakers or mobile device if necessary.

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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 Windows 8.1+ Pro Windows 7 Android 4.4+ Apple Mac OS X 10.10+ Apple iOS 9+	Google Chrome 55+ Internet Explorer 11+ Firefox 51+ Safari 9+ Edge Browser	HTML5 streaming enabled browser Apple iOS http streaming enabled browser 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.

Test Your System & Audio: https://goto.webcasts.com/test/

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Credit Claiming: You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available immediately following the presentation on www.CE.TodaysDietitian.com. Evaluations must be submitted within 1 year of the live program in order to obtain credit. You do not need to complete the evaluation on August 23, 2017.

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1. Log in to www.CE.TodaysDietitian.com and go to "My Courses" and click on the webinar title.
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3. Select "Start/Resume Course" on the webinar description page.
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