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EXCLUSIVE FREE 1-CPEU WEBINAR

Update: What's New in the World of Carbohydrates

Tuesday, December 12, 2017, from 2-3 PM EST

LearningLibrary
TODAY'S DIETITIAN

Presented by Joanne Slavin, PhD, RD, Professor • Brought to you through the support of

Date: Tuesday, December 12, 2017

Time: 2-3 pm Eastern Time (ET)

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Suggested CDR Learning Codes: 2070, 4030; Level 2

Suggested CDR Performance Indicators: 8.1.1, 8.1.3, 8.3.6, 13.2.1

The Dietary Guidelines for Americans (DGAs) announced components of healthy eating patterns that can be difficult to parse for both RDs and their patients and clients. While patients and clients are seeking specific, actionable recommendations, it can be difficult for RDs to parse the DGAs in order to identify those recommendations.

One particular area of uncertainty is the recommendations relating to carbohydrates. Presented by **Joanne Slavin, PhD, RD, professor and prior member of the Dietary Guidelines Advisory Committee**, this webinar will provide an overview of the science behind the carbohydrate recommendations of the DGAs. It will discuss the latest evidence relating to appropriate carbohydrate consumption, together with practical strategies for counseling patients and clients regarding the inclusion of healthful carbohydrates in their diets.

Learning Objectives:

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

1. Discuss the latest science behind carbohydrate recommendations.
2. Understand the key guidance relating to carbohydrates in the DGAs.
3. Identify regulations that have been implemented relating to carbohydrates in foods.
4. Communicate to patients evidence-based recommendations for consuming carbohydrates.

How to Join the Webinar

1. Go to <https://goto.webcasts.com/starthere.jsp?ei=1173876>
2. Log in with the e-mail address you used during registration.
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Call **877-925-CELL (2355)** Monday through Friday from 9 am to 5 pm ET or e-mail ce@gvpub.com with any questions.

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
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.
Android 4.4+	Safari 9+		
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