

Complimentary Resources for Dietetic Students and Interns*

Effective: March 2020

Nutrition Science/Clinical Programs

| Program Title | Open Access Link |
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| Assessment & Dietary Management of Abdominal Bloating | https://spaces.hightail.com/space/lJsq2tMH2R |
| Can We Prevent Food Allergies? Early Feeding and Diet Diversity | https://spaces.hightail.com/space/9sglf2gpfH |
| Chalk vs Cheese: Examining Disordered Eating on the Autism Spectrum | https://spaces.hightail.com/space/yOGkLoqATa |
| Clinical Insight into Vitamin B12 | https://spaces.hightail.com/space/sWvGYsDOgZ |
| Dietary Factors and Normal Weight Central Obesity: A Chance to Improve Women's Health | https://spaces.hightail.com/space/Z6MLR0spe6 |
| Evidence Based Nutrition Using Scientific Evidence to Inform Clinical Practice | https://spaces.hightail.com/space/KMMJK1RgwQ |
| Food After 50: What Registered Dietitians Should Know About Nutrition and Optimal Aging | https://spaces.hightail.com/space/1vKE4a9MUy |
| Malnutrition and Nutrition-Focused Physical Exam Practical Applications in the Pediatric Setting | https://spaces.hightail.com/space/d62t0q1Yug |
| Optimizing Care for the Bariatric Surgery Patient | https://spaces.hightail.com/space/B6IRQLqSDV |
| Sarcopenia: How Muscle Reserves Affect Cancer Patient Outcomes | https://spaces.hightail.com/space/Hch9JrI8j4 |
| The Role of Medical Nutrition Therapy and Registered Dietitians Nutritionists in the Prevention and Treatment of Prediabetes and Type 2 Diabetes | https://spaces.hightail.com/space/kyNUXbv4mn |
| 120. Dietary Supplements: What You Need to Know and Why | https://spaces.hightail.com/space/vH7AD3klUG |
| 120. The Science of Modified Carbohydrate Diets and Application in the Clinic | https://spaces.hightail.com/space/UxW2CUI06x |
| 129. Debate: The Effects of a Ketogenic Diet on Exercise Metabolism during Endurance Performance—Point-Counterpoint | https://spaces.hightail.com/space/WBlwSk3f0V |
| 147. Exploring the Microbiome: The Diabetes Connection | https://spaces.hightail.com/space/64EYwN4MHd |
| 153. The Edna & Robert Langholz International Nutrition Lecture: Reflections on a Half Century of TPN and Clinical Nutrition in the Future | https://spaces.hightail.com/space/kimSktnmFD |

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| 157. Beyond Nutrients? Potential Role of Ultra-Processed Foods in Obesity | https://spaces.hightail.com/space/wOYcXCdbVR |
| 164. Baby Knows Best: The Evidence and Controversy of Baby-Led Weaning | https://spaces.hightail.com/space/XxYX8XwaU0 |
| 194. Combating the Short Gut Demons: The Devil Is in the Details | https://spaces.hightail.com/space/mKhXFWXi1n |
| 197. Approach to Malnutrition in Progressive Chronic Kidney Disease | https://spaces.hightail.com/space/ET2Q7NEzBg |
| 199. Assessing Abdominal Bloating: Common Causes and Tailored Treatments | https://spaces.hightail.com/space/vPCheZomDy |
| 201. Evidence-Based Heart Failure Nutrition Therapy Practice Guidelines: Effectiveness and Recommendations | https://spaces.hightail.com/space/UnTtgr9u6 |
| 202. Promote Positive Outcomes in Patients with Gestational Diabetes with the Latest Nutrition Recommendations | https://spaces.hightail.com/space/sTh2WNRiy2 |
| 206. Improving Dialysis Patient Outcomes Within the Constraints of RDN Time | https://spaces.hightail.com/space/gQiDkEgmiE |
| 207. Refeeding Syndrome: Prevention and Treatment | https://spaces.hightail.com/space/pa4A8RSYGw |
| 214. Implementation of Dietitian Managed Enteral Access Devices and Feeding Delivery | https://spaces.hightail.com/space/HAvhszfdCs |
| 216. The Challenge of Medical Nutrition Therapy for Dual Diagnosis of Cancer and Diabetes | https://spaces.hightail.com/space/TkDMiTE1qD |
| 221. Bridging the Practice Gap Using the Latest Renal Nutrition Guidelines | https://spaces.hightail.com/space/2jEQ8fvxi1 |
| 291. Rx Diet: Why Gastrointestinal Doctors Recommend Low FODMAPs for Irritable Bowel Syndrome | https://spaces.hightail.com/space/r7JNftzCXu |
| 309. International Dysphagia Diet Standardisation Initiative (IDDSI): USA and Global Readiness | https://spaces.hightail.com/space/GS6W58RfXw |
| 470. Baby Talk: The Latest on Feeding Infants | https://spaces.hightail.com/space/v7LO4S6884 |

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Counseling/Coaching Programs

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| Health and Wellness Coaching Module 1 - Coaching Framework and Basic Skills | https://spaces.hightail.com/space/S4iv02XJhO |
| Health and Wellness Coaching Module 2 - Coaching Techniques to Facilitate Behavior Change | https://spaces.hightail.com/space/aEnfUAMbt6 |
| Health and Wellness Coaching Module 4 - Coaching Techniques: Application and Practice | https://spaces.hightail.com/space/iQU0JZU10H |
| Nutritional Counseling Module 1 - Counseling Techniques and Approaches that Support Behavior Change | https://spaces.hightail.com/space/9NA4rh7Fp9 |
| Nutritional Counseling Module 3 - Transtheoretical Model and Motivational Interviewing | https://spaces.hightail.com/space/z3o7PuaAUh |

Community/Public Health/Food Insecurity Programs

| Program Title | Open Access Link |
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| Public Health Nutrition – Module 3: Developing a Public Health Nutrition Plan | https://spaces.hightail.com/space/hDWSqWkloL |
| Public Health Nutrition – Module 4: Implementing and Evaluating a Public Health Nutrition Plan | https://spaces.hightail.com/space/7a12hhsd35 |
| 137. Perspectives from Global Leaders: RDNs' Critical Role in Food and Nutrition Security | https://spaces.hightail.com/space/Lj4aLeyafA |
| 158. Exploring the Dietitian's Role in Farm to School and Community Food Systems | https://spaces.hightail.com/space/WbN1Q2stGn |
| 166. Summer Nutrition for Children: We All Have a Role to Play! | https://spaces.hightail.com/space/OXbbkso8ps |
| 166. The WIC Food Packages: Improving Balance and Choice | https://spaces.hightail.com/space/32C4GJRgD |
| 174. From Policy to Practice: Implementing the Local School Wellness Policy Final Rule | https://spaces.hightail.com/space/qWbyIU2klo |
| 271. Outcomes of Food Pantry Delivery Systems and Educational Programs | https://spaces.hightail.com/space/BbscHovdFV |
| 299. The Socioeconomics of Malnutrition: Food Insecurity Screening and Intervention | https://spaces.hightail.com/space/3CnR5iyEul |
| 472. New Perspectives on WIC: An Evidence-Based Examination of Early Childhood Dietary Behaviors | https://spaces.hightail.com/space/wQDq5GquUR |

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Sustainable Food Systems/Global Nutrition/Cultural Considerations Programs

| Program Title | Open Access Link |
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| Nutritional Misconceptions Travel Across the Globe: Different Cultures, Similar Observations | https://spaces.hightail.com/space/0daPtD65bi |
| Sustainable Food Systems Module 1 - An Introduction to Sustainable Food Systems | https://spaces.hightail.com/space/OyKwC03eE0 |
| Sustainable Food Systems Module 4 - Community Food Security and Hunger | https://spaces.hightail.com/space/UTGyzKeLvk |
| 149. Cultivating Sustainable Food Systems: A Nutrition-Focused Framework for Action | https://spaces.hightail.com/space/Gebg5NMnpj |
| 152. Growing a Healthy, Sustainable Plate: From Recommendation to Reality | https://spaces.hightail.com/space/8BotQif0GM |
| 157. Where Does Animal Agriculture Fit in Today's Sustainable Food System? | https://spaces.hightail.com/space/wrnWolTE0c |
| 160. Farming with RDNs: What Nutrition Professionals Need to Know About Agriculture | https://spaces.hightail.com/space/EoXFs63dBF |
| 161. 2019 Wimpfheimer-Guggenheim International Lecture- Food and Nutrition in Disaster and Humanitarian Relief: Lessons Learned from Syria and Venezuela | https://spaces.hightail.com/space/l417V46U8E |
| 299. The Socioeconomics of Malnutrition: Food Insecurity Screening and Intervention | https://spaces.hightail.com/space/3CnR5iyEuI |
| 384. Myths and Misconceptions of Breastfeeding: A Cultural Perspective | https://spaces.hightail.com/space/OJVTug0QcW |

Research/Quality Improvement/Informatics Programs

| Program Title | Open Access Link |
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| Evidence Based Nutrition Using Scientific Evidence to Inform Clinical Practice | https://spaces.hightail.com/space/geWbQF952I |
| Informatics in Nutrition: Spanning All Areas of Practice - Module 4 - Nutrition in Electronic Health Records (EHR) and Health Information Technology | https://spaces.hightail.com/space/MZJnfKYAis |
| Research - Module 1: Research Basics | https://spaces.hightail.com/space/T22tlf9Klk |
| 138. Quality Improvement Strategies for RDNs | https://spaces.hightail.com/space/7nsx9OVm8Y |

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Professional Programs (Leadership/Communication/Ethics)

| Program Title | Open Access Link |
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| Be the Expert: Write for National Publications | https://spaces.hightail.com/space/vksaXM4hEL |
| Code of Ethics Review and Update | https://spaces.hightail.com/space/8pDEoRCLz5 |
| Lessons in Leadership: How to Manage Conflict and Ethical Challenges | https://spaces.hightail.com/space/6jMIldVKQp |
| Advancing Your Role as Leader Module 1 - Emotional Intelligence: The Chemistry of Leadership | https://spaces.hightail.com/space/nnp5YXlghU |
| Developing Your Role as Leader Module 4 - Talking about Talking: Communicating as a Leader | https://spaces.hightail.com/space/Jju5wNvc7L |
| 122. Power Up! Using Strategic Communications to Enhance Your Message, Presence, and Profession | https://spaces.hightail.com/space/9ND2ogN8yZ |
| 131. Hot Topic: Cyberbullying and the Code of Ethics - What Is the Connection? | https://spaces.hightail.com/space/iDnELRbe5H |
| 327. Exploring the Boundaries of RDN Scope of Practice | https://spaces.hightail.com/space/IpI6SvnhGg |
| 352. The Future of Healthcare Payment: MACRA's Impact on RDN Practice | https://spaces.hightail.com/space/11CDf8pIC0 |
| 455. Ready, Set, "Act" ion: Why Policy and Advocacy are Important to You! | https://spaces.hightail.com/space/Z1h5VjAvFg |
| 456. Policy to Paycheck: Show Me the Money! | https://spaces.hightail.com/space/Xe8XcxveK5 |

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Foodservice and Culinary Programs

| Program Title | Open Access Link |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Culinary Nutrition Module 2 - Food Safety and Ingredient Selection | https://spaces.hightail.com/space/xMzU76mBLF |
| Culinary Nutrition Module 4 - Planning for Healthy Meals and Snacks | https://spaces.hightail.com/space/yO003RhhQO |
| 133. Taking Action on Food Waste: Industry Innovation and Legislative Opportunities | https://spaces.hightail.com/space/KJ7c2Az2yW |
| 156. Procurement to Plate: What Impact Is Your Menu Having? | https://spaces.hightail.com/space/hvdpdVusSUR |
| 162. Innovating Healthier Menus That Accommodate Cultural, Ethnic and Economic Preferences | https://spaces.hightail.com/space/wS4dDzxoZr |
| 370. Don't Make Me Sick: Nutrition Professionals Strengthening Consumer Food Safety Behaviors | https://spaces.hightail.com/space/bpVH5xlxDL |
| 401. Guiding Food Service for a Healthy Future | https://spaces.hightail.com/space/DqXq4WtnWt |