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# New CPE e-Programs Catalog

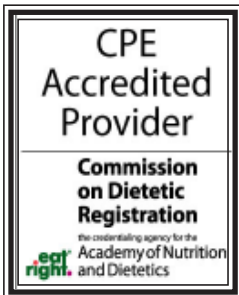
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Winter-Spring 2017

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**Self-study programs are approved/accepted by:**

**Commission on Dietetic Registration (CDR)**

**Certifying Board for Dietary Managers (CBDM)**

**Nat'l Certification Board for Diabetes Educators (NCBDE)**

*Check program description to see if approved for your association.*

If your association is not listed, check with them since many accept programs approved by CDR or CBDM.

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1. Read the program.
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3. Check your own answers (**answer key and explanations to the answers are always provided**).
4. Submit reporting form online at [www.easyCPEcredits.com](http://www.easyCPEcredits.com).
5. Certificate of completion will be **e-mailed** to you in 2-5 days.
6. **RDs & DTRs:** submit Learning Activities Log to CDR.  
**CDMs:** submit your CE activity to CBDM.

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**Dave Cunningham**



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**C237E** **2 CPEUs**

### FREE Ethics eProgram

with purchase of any other CPE program

*An Introduction to the Code of Ethics for the Profession of Dietetics* (pdf, 20 pgs) To provide you with a better understanding of the Code of Ethics so that you can apply these principles to your own situations.

Approved by CDR

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio  
1000, 1050

**C278E**

\$184.95

**30 CPEUs**

### Medical Nutrition Therapy for Kidney Disease

N. L. Kondracki, MS, RD, LDN.

(pdf, 298pgs) The most comprehensive CPE program we have ever published! Discover how to apply the principles of medical nutrition therapy (MNT) for a variety of kidney diseases consistent with current clinical practice recommendations.

Approved/Accepted by CDR, CBDM, NCBDE

RDs & DTRs Learning Need Codes: 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4090, 4120, 4130, 4140, 4180, 5000, 5090, 5190, 5200, 5260, 5310, 5350, 5370, 5420, 8010, 8080

**C288E**

**12 CPEUs**

\$89.95

### Nutritional Guide to Reducing Cardiovascular Disease Risk: A Comprehensive Approach to Optimal Heart Health

Margaret W. Eich, MS, RD

(pdf, 97 pgs) Will help you understand the evidence behind the nutritional guidelines for cardiovascular disease.

Approved/Accepted by CDR, CBDM, NCBDE

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio  
4000, 4030, 4040, 5000, 5160, 5260, 5370

**C283E**

**9 CPEUs**

\$69.95

*Osteoporosis Prevention and Treatment, 2nd Ed.* K. M. Chapman-Novakofski, PhD, RD, LD (pdf, 85 pgs) Learn the etiology of osteoporosis, prevention and treatment. This in-depth course will enable you to counsel clients concerning their bone health and improve the quality of their life.

Approved by CDR, CBDM

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2020, 2040, 2050, 2070, 2110, 3000, 3005, 3020, 4000, 4040, 4180, 4190, 5000, 5090, 5100, 5130, 5400

**C282E**

**3 CPEUs**

\$29.95

*Combating Medical Errors: The Role of the Dietetics Practitioner* (pdf, 30 pgs) Informative program which meets the Florida Licensure requirements.

Approved by CDR, CBDM

RDs/RDNs & DTRs/NDTRs : SUGGESTED Learning Need Codes:

1000, 1050, 5000, 5390

**C280E**

**10 CPEUs**

\$74.95

*A Guide to Pediatric Nutrition* A. Thompson, MSH, RD, CSP, LD/N

(pdf, 176 pgs) Provides practical information that will enable you to assess nutrient and fluid needs of the school-age child, including children with developmental disabilities who may require enteral nutrition support.

Approved by CDR, CBDM

RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio

2000, 2070, 2090, 3000, 3020, 3030, 3040, 3050, 3060, 4000, 4030, 4060, 4080, 4150, 4160, 5000, 5010, 5020, 5050, 5070, 5180, 5200, 5210, 5220, 5370, 5390, 5410, 5440, 5450, 6000, 6010, 6020, 6040, 8010

**C279E**

**18 CPEUs**

\$149.95

*Interpretation & Application of Advanced Cardiometabolic Testing* Mary McNeill, MS, RDN/LD, CDE, MBA (pdf, 133 pgs) As leaders

in the fight for improved health and prevention of disease, it is important for you to be up-to-date on the management of cardiometabolic disease biomarkers.

Approved/Accepted by CDR, CBDM, NCBDE

RDs/RDNs & DTRs/NDTRs : SUGGESTED Learning Need Codes:

2000, 2020, 2050, 2060, 2070, 2090, 2100, 3000, 3005, 3010, 3060, 3070, 3080, 3090, 4000, 4040, 4050, 5000, 5160, 5190, 5230, 5240, 5250, 5260, 5310, 5340, 5370, 5390, 5400, 5410

**C269E**

**15 CPEUs**

\$114.95

*Nutrition for Pregnancy and Lactation, 5th Ed* C. Bareuther, RDN (pdf, 144 pgs) Learn the role nutrition plays in conception, pregnancy and lactation.

Approved by CDR, CBDM

RDs & DTRs Learning Need Codes: 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4090, 4120, 4130, 4140, 4180, 5000, 5090, 5190, 5200, 5260, 5310, 5350, 5370, 5420, 8010, 8080

**C271E NEW EDITION 18 CPEUs \$129.95**

### Effective Nutrition Education for Behavior Change, 4th Ed.

R. AbuSabha, PhD, RD (pdf, 166 pgs) Ideal for diabetes educators. Select intervention strategies for population subgroups; use effective communication skills; evaluate the appropriateness of computer-assisted instruction; write manuals and lesson plans and develop effective visual aids.

Approved/Accepted by CDR, CBDM, NCBDE

RDs & DTRs Learning Need Codes: 1000, 1020, 1040, 1060, 1090, 1130, 1140, 6000, 6010, 6020, 6030, 6040, 6050, 6060, 6070, 6080, 7120

**C255E**

**10 CPEUs**

\$74.95

### Type 2 Diabetes and Obesity, 3rd Ed.

K. Chapman-Novakofski, RD, LDN, PhD (pdf, 117 pgs) Provides an understanding of the pathology of these conditions and enables you to design strategies to prevent or treat obesity and type 2 diabetes.

Approved/Accepted by CDR, CBDM, NCBDE

RDs & DTRs Learning Need Codes: 2000, 2020, 2050, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3020, 3030, 3040, 3060, 3080, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 5000, 5190, 5260, 5370

**C249E**

**18 CPEUs**

\$129.95

### Medical Nutrition Therapy for Diabetes Mellitus, 7th Ed.

M.J. Franz, MS, RD, LD, CDE (pdf, 144 pgs) Written by a renowned diabetes educators in the country. Enables you to have a major impact on medical and clinical outcomes and help patients with diabetes achieve dramatic improvements in the quality of life.

Approved/Accepted by CDR, CBDM, NCBDE

RDs & DTRs Learning Need Codes: 2000, 2020, 2060, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3030, 3040, 3060, 3080, 3090, 3100, 4000, 4010, 4020, 4030, 4040, 4050, 4060, 4120, 4130, 4140, 4150, 4160, 4170, 4180, 4190, 5000, 5010, 5040, 5050, 5090, 5100, 5120, 5130, 5160, 5190, 5200, 5220, 5260, 5310, 5360, 5370, 5380, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6030, 6040, 6060, 6070, 6080, 7170

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Mary Sorrentino, RD

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**Symptomatic Management of Lupus and Autoimmune Diseases**  
C. Sileo, MS, RDN (pdf, 107 pgs) Provides background information on Systemic Lupus Erythematosus (SLE); outlines traditional medications used for its symptomatic management; and presents complementary alternative treatments which provide symptomatic relief.  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 3000, 3005, 3060, 3070, 3100, 4090, 5000, 5120, 5420

**C243E** 12 CPEUs \$94.95  
**Nutrition for Infants & Young Children, 4th Ed.** C. M. Bareuther, RD (pdf, 145 pgs) will enable you to care for infants and young children more effectively. You will learn how to including evaluate their growth and development; calculate their nutrient requirements; plan, recommend and implement feeding programs and assess their nutritional status.  
**Approved by CDR, CBDM**  
Approved for Board Certified Specialists in Pediatric Nutrition  
**RDs & DTRs Learning Need Codes:** 3000, 3010, 3020, 3030, 3040, 3090, 3100, 4000, 4040, 4050, 4110, 4120, 4150, 5000, 5070, 5180, 5190, 5200, 5250, 5280, 5290, 5370, 5420, 5440

**C238E** 14 CPEUs \$109.95  
**Nutrition and Cardiovascular Disease, 2nd Ed**  
K. Chapman-Novakofski, PhD, RD, LD & S. Gould, PhD, RD (pdf, 134 pgs) Enables you to understand and apply preventative and medical nutrition therapy for cardiovascular diseases using evidence-based guidelines, and to understand the emerging issues your clients may be asking about prevention and treatment of CVD.  
**Approved by CDR, CBDM**  
**RDs & DTRs Learning Need Codes:** 3000, 3010, 3020, 3080, 3090, 4000, 4030, 4040, 4060, 4090, 5000, 5090, 5160, 5260

**C236E** 12 CPEUs \$94.95  
**Nutritional Support in the Care of the Critically Ill Adult**  
K. M. Mogensen, MS, RD, LDN, CNSC & M. K. Robinson, MD, CNSP (pdf, 103 pgs) Valuable information and tools to help you provide appropriate nutritional support for critically ill patients.  
**Approved by CDR, CBDM**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
3000, 5000, 5010, 5170, 5390, 5400, 5410, 5440

**C235E** 18 CPEUs \$134.95  
**Nutritional Management of Bariatric Surgery Patients**  
L. L. Frank, PhD, MPH, RD, CD (pdf, 158 pgs) Provides information and skills needed to develop competencies in medical nutrition therapy (MNT) for the bariatric surgical patient, including recognition and management of micro-nutrient deficiencies associated with bariatric surgery.  
**Approved by CDR, CBDM**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
2000, 2070, 2090, 3000, 3005, 5000, 5125, 5370

**C232E** 16 CPEUs 114.95  
**Renal Vascular Resistance and Diabetes, 2nd Ed.**  
V. Juturu, PhD, FACN (pdf, 178 pgs) This in-depth self-study course will enable you to apply concepts associated with renal vascular resistance and diabetes.  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
2050, 3005, 5000, 5010, 5090, 5160, 5190, 5240, 5260, 5300, 5340, 5370, 5390, 5400, 5410

**C231E** 18 CPEUs \$134.95  
**Geriatric Nutrition, 4th Ed.** K. Chapman-Novakofski, RD, LD, PhD (pdf, 169 pgs) Everything you need to know from nutrient requirements with changes in age to the prevention and treatment of chronic diseases. A must-have manual if you are working with older adults.  
**Approved by CDR, CBDM**  
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2000, 2070, 2090, 2110, 3000, 3020, 3060, 3070, 3080, 4000, 4030, 4040, 4170, 4180, 4190, 5000, 5100, 5130, 5150, 5160, 5190, 5210, 5400

**C226E** 8 CPEUs \$74.95  
**Irritable Bowel Syndrome: Fodmaps, Fat, Fiber and Flora**  
K. Scarlata, RD, LDN (pdf, 85 pgs) Will enable you to help clients manage their IBS symptoms.  
**Approved/Accepted by CDR, CBDM**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
3000, 3100, 4000, 4170, 4180, 5000, 5110, 5200, 5220, 8090

**C224E** 16 CPEUs \$109.95  
**Eating Challenges During the Adolescent Years, 3rd Ed.**  
B. M. Lulinski, MS, RD (pdf, 182 pgs) Will help you teach adolescents how to fuel their bodies. Topics include sexual maturation, assessing the teen, fueling for sports, dealing with eating disorders and other risky behaviors.  
**Approved by CDR, CBDM**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
3000, 3020, 3030, 3040, 3070, 4000, 4010, 4030, 4040, 4060, 4080, 4110, 4160, 5000, 5010, 5020, 5030, 5040, 5050, 5080, 5200, 5280, 5310, 5320, 5350, 5370, 5390, 6000, 6010, 6020, 6040, 6050, 6070, 8080

**C223E** 14 CPEUs \$94.95  
**Glycemic Index: Evidence Based Approaches for Weight, Diabetic, and Heart Healthy Management**  
J. Clark-Warner, MS, RD, CDE (pdf, 125 pgs) Reviews GI nomenclature, shows discrepancies of the GI, and explores evidence based approaches for weight, diabetic, and heart healthy management.  
**Approved/Accepted by CDR, CBDM, NCBDE**  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
2000, 2070, 2090, 2110, 3000, 3010, 3020, 3030, 3040, 3060, 3070, 3080, 3100, 4000, 4010, 4030, 4040, 4060, 4090, 4120, 5000, 5090, 5110, 5130, 5160, 5190, 5200, 5260, 5280, 5290, 5370, 5390, 5400, 5410, 5460, 6000, 6010, 6020, 6060, 6070

**C221E** 14 CPEUs \$99.95  
**Yoga and Meditation: Tools for Weight Management, 2nd Ed.**  
A. B. Kay, MS, RD, LDN, RYT (pdf 162 pgs) This new and completely updated self-study course will teach you how to blend a science-driven approach to weight management with the complimentary therapies of yoga and meditation.  
**Approved by CDR, CBDM**  
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2000, 2110, 4000, 4060, 4090, 4180, 5370, 8015

**C212E** 8 CPEUs \$74.95  
**Medical Nutrition Therapy for Gestational Diabetes Mellitus,**  
D. M. Reader, RD, LD, CDE and M. J. Franz, MS, RD, LD, CDE (pdf, 78 pgs) Marion Franz, our best selling diabetes educator, has teamed up with Diane Reader, chair of the expert work group of the 2009 ADA Gestational Diabetes Mellitus (GDM) Evidence-Based Nutrition Practice Guidelines, to author this exceptional diabetes program.  
**Approved/Accepted by CDR, CBDM, NCBDE**  
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2000, 2060, 2070, 2090, 2100, 2110, 3000, 3005, 3010, 3040, 3060, 3070, 3090, 3100, 4000, 4010, 4040, 4050, 4060, 4090, 4120, 4130, 4140, 4150, 4180, 5000, 5010, 5120, 5160, 5180, 5190, 5260, 5280, 5290, 5310, 5370, 5390, 5400, 5410, 5460, 6000, 6010, 6030, 6060, 6070.

**C192E** 16 CPEUs \$99.95  
**Complementary & Alternative Therapies Modulating Cardiometabolic Syndrome Risk Factors** V. Juturu, PhD, FACN (pdf, 203 pgs) Apply complementary and alternative therapy options to manage cardiometabolic syndrome modifiable risk factors.  
**Approved by CDR, CBDM**  
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2000, 2010, 2090, 3000, 3070, 3100, 4000, 4040, 5000, 5110, 5120, 5150, 5160, 5200, 5220, 5230, 5240, 5260, 5370, 5420, 5460

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**Win-Win Negotiation: Fail-Safe Strategies to Help You Get More of What You Want** W. J. Rinke, PhD, RD, CSP  
 (pdf, 154 pgs) Shows you how to stretch your budget and get more for less whether you're shopping for a car or a new job. Discover proven negotiation secrets to help you earn up to one million dollars more over a 50-year professional career. This course will pay for itself many times over!  
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 1000, 1010, 1110, 1130, 7000, 7020, 7030, 7040, 7070, 7080, 7120, 7150, 7210, 8000, 8120

**C273E**                      **10 CPEUs**                      **\$69.95**  
**HACCP and BEYOND: Sanitation Manual, 6th Ed.**  
 N. J. Meyer, MS, RD, CD  
 (pdf, 121pgs) Can you afford even one food borne illness outbreak? Not sure whether you are in compliance with the new HACCP guidelines? This comprehensive sanitation course includes time temperature control charts, HACCP plans, sanitation and orientation checklists, reproducible training aids, food storage charts and much more!  
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 6000, 6080, 7000, 7100, 7160, 7190, 8000, 8020, 8040, 8050, 8060, 8070, 8080, 8100

**C258E**                      **5 CPEUs**                      **\$39.95**  
**Time Management: How to Stretch the Time Rubber Band, 4th Ed.** W. J. Rinke, PhD, RD, CSP  
 (pdf, 50 pgs) Will help you make the most of every 24 hours by using an easy-to-use four-step process.  
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 1000, 1120, 7000

**C256E**                      **5 CPEUs**                      **\$54.95**  
**Goals: Your Roadmap to Success**  
 W. J. Rinke, PhD, RDN, CSP  
 (pdf, 53 pgs) This high-impact CPE program provides step-by-step instructions that will enable you to focus your life and achieve virtually anything you desire.  
**RDs & DTRs Learning Need Codes:** 1000, 1010, 1110, 1120

**C248E**                      **6 CPEUs**                      **\$59.95**  
**Manage Your Energy: Get More Done and Have More Fun**  
 W. J. Rinke, PhD, RDN, CSP  
 (pdf, 56 pgs) This entertaining CPE program will help you manage your energy, not just your time, so that you can work less, get more done, and improve the quality of your life.  
**RDs & DTRs Learning Need Codes:** 1000, 1010, 1070, 1120

**C247E**                      **20 CPEU**                      **\$114.95**  
**The Power of Communication: How to Increase Your Personal and Professional Effectiveness** W. J. Rinke, PhD, RDN, CSP  
 (pdf, 177 pgs) Do you have few misunderstandings, disagreements or fights? Do your patients, employees, colleagues, spouse and children consistently follow your instructions? Are you able to persuade people? In short, are you getting all you want at work and at home? If your answer is "no" to at any of these, then this program is for you.  
**RDs & DTRs Learning Need Codes:** 1000, 1040, 1050, 1060, 1070, 1130, 6000, 6020, 6070, 6080, 7000, 7020, 7150, 7190

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**Beat the Blues: How to Manage Stress and Balance Your Life**  
 W. J. Rinke, PhD, RD, CSP  
 (pdf, 233 pgs) This entertaining and highly informative program is, according to one reviewer, "the best Dr. Rinke has ever written." It provides you with proven easy-to-apply action strategies that will help you live a happier, healthier and a more productive life.  
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 1000, 1110, 1120, 4000, 4040, 4060, 4090, 6000, 6010, 7000, 7020

**C230E**                      **10 CPEUs**                      **\$74.95**  
**Develop a Positive Attitude: Live a Healthier and More Productive Life** W. J. Rinke, PhD, RD, CSP  
 (pdf, 92 pgs) This inspiring CPE program provides you fail-safe action strategies that you can apply immediately to enable you live a healthier and more productive life.  
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 1000, 1010, 1110, 1120, 1130, 7000

**C228E**                      **10 CPEUs**                      **\$69.95**  
**Motivational Strategies to Boost Team Performance**  
 W. J. Rinke, PhD, RD, CSP  
 (pdf, 94 pgs) This empowering CPE program will provides you with fail-safe strategies for building an organizational culture that is conducive to maximizing the potential of team members by encouraging high levels of trust, empowerment, and teamwork.  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
 1000, 1070, 1110, 1130, 7000, 7020, 7050, 7070, 7090, 7160, 7190, 7200

**C210E**                      **10 CPEUs**                      **\$64.95**  
**Manage Electronic and Traditional Meetings and Correspondence More Effectively** W. J. Rinke, PhD, RD, CSP  
 (pdf, 102 pgs) According to one reviewer this course "is an easy and engaging read [that provides] broad coverage of both traditional and virtual meetings as well as in-depth coverage of email communication. Overall, this is a great reference for anyone who conducts meetings or writes emails."  
**RDs & DTRs: Suggested Learning Need Codes for the Prof. Dev. Portfolio**  
 1000, 1100, 1120, 1130, 7000

**C209E**                      **15 CPEUs**                      **\$104.95**  
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 (pdf, 148 pages) This cutting edge course will help you master highly effective empowerment strategies.  
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 1000, 1070, 7000, 7090, 7150, 7190, 7200

**C208E**                      **20 CPEUs**                      **\$134.95**  
**Knock'em Alive Presentation Skills: How to Make an Effective Presentation for 1 or 1,000, 2nd Ed.** W. J. Rinke, PhD, RD, CSP  
 (pdf, 238 pages) Deliver high impact virtual presentations plus an expanded chapter on how to become a professional speaker, including how much to charge. Learn speaking secrets from a top earning Certified Speaking Professional (CSP). The secrets you discover in this learning program will take your presentation effectiveness to the next level.  
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 1000, 1070, 1090, 1130, 6000, 6020, 6060, 6070, 6080, 7040

*"It was the best self-study I have ever done. I had a presentation on Wednesday and I used all of your tools and I wasn't nervous once I got there. Thanks for such a great program. I'll keep referring to it for every presentation."*  
**Christina McCormack, RD**

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