



CPE PROGRAM BROCHURE

Nutrition and Clinical Programs accepted by CDR

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- Nutrition and Clinical Programs
- Accepted by CBDCE for Certified Diabetes and Education Specialists (CDCES)
- Management and Professional Development
- Ethics

NEW

WRA403* 9 CPEs | \$120.95

Yoga, Meditation, and Ayurveda: Therapeutic Tools for Metabolic Health *Annie B. Kay, MS, RDN, LDN, C-IAYT, E-RYT 500*

(Manual, 135 pgs) Introduces the practices of yoga, meditation, and Ayurveda, and presents the current evidence demonstrating the positive impact of these modalities on metabolic health.

NEW

WRA400* 7 CPEs | \$95.95

Health Hazards of Phosphate Food Additives

Joyce Vergili, EdD, RDN, CSR, CDN, CDCES, FAND

(Manual, 60 pgs) Provides awareness of the possible adverse health effects of ubiquitous phosphate food additives among the general population and offers strategies to decrease intake.

NEW

WRA375 18 CPEs | \$180.95

Mind Your Gut: The Science-Based, Whole-Body Guide to Living Well With IBS

Kate Scarlata, MPH, RDN, LDN; Megan Riehl, PsyD

(Book, 370 pgs & Study Guide) Gain an understanding of irritable bowel syndrome (IBS) and current nutritional and behavioral interventions to guide symptom management.

NEW

WRA373 6 CPEs | \$85.95

Eat to Sleep: What to Eat and When to Eat It for a Good Night's Sleep – Every Night

Karman Meyer, RD, LYT, RYT

(Book, 208 pgs & Study Guide) Understand the foundational role of sleep for good health and prevention of chronic disease and identify dietary approaches that can be provided to clients to help improve sleep quality or duration.

NEW

WRA372 5.5 CPEs | \$80.95

DASH Diet for Dummies: Helping People Manage High Blood Pressure With Sustainable Lifestyle Changes *Rosanne Rust, MS, RDN*

(Book, 360 pgs & Study Guide) Provides a fundamental understanding of the DASH diet plan and the research trials that created it, as well as an overview of the common diseases of the heart and how to help clients make positive changes in their eating behavior and lifestyle.

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NEW

WRA371 15 CPEs | \$165.95

The Farm Bill: A Citizen's Guide *Christina Badaracco, MPH, RDN, LDN*

(Book, 258 pgs & Study Guide) A resource to help nutrition professionals understand the programs funded by the farm bill, how it affects various aspects of society, and possible actions for nutrition professionals to effect positive change.

NEW

WRA369 18 CPEs | \$200.95

Sugarproof: The Hidden Dangers of Sugar That Are Putting Your Child's Health at Risk and What You Can Do *Susan Burke March, MEd*

(Book, 354 pgs & Study Guide) Understand the impacts of a high-sugar diet on children and provide recommendations to clients to improve overall diet and health outcomes.

NEW

WRA338 18 CPEs | \$195.95

Gluten-Free: The Definitive Resource Guide *Patti Perks, MS, RDN, CNSC*

(Book, 252 pgs & Study Guide) Provides accurate, evidence-based information to share with clients and patients to help them adhere to a gluten-free diet.

WRA368* 16 CPEs | \$175.95

A Tiered Approach to Geriatric Nutrition *Crystal Petrello, MS, RDN, LD*

(Manual, 109 pgs) Focuses on the special needs of older adults and examines the rationale for specific nutrient recommendations in both preventive health and therapeutic nutrition in the geriatric population.

WRA367 55 CPEs | \$419.95

Oncology Nutrition for Clinical Practice, Second Edition *Valaree Williams, MS, RD, CSO, LDN, CNSC, FAND*

(Book, 690 pgs & Study Guide) Increase your knowledge of the basics of cancer development, diagnosis and treatment, nutritional impacts of cancer, and medical nutrition therapy for patients with cancer.

WRA366* 14 CPEs | \$160.95

Pediatric Nutrition for the School-Aged Child: An Evidence-Based Approach, Second Edition *Lizzie Streit, MS, RDN, LD*

(Manual, 120 pgs) Provides practical information that will enable you to assess nutrient and fluid needs of the school-aged child, including children with developmental disabilities who may require nutrition support.

WRA365 15 CPEs | \$165.95

Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome *Alessandra Sarcona, EdD, RDN*

(Book, 367 pgs & Study Guide) Applies principles of a plant-based diet that is high in dietary fiber to promote a healthy microbiome, healthy metabolism, hormone regulation, and reduced inflammation.

WRA364 20 CPEs | \$205.95

Nourish: The Definitive Plant-Based Nutrition Guide for Families *Jacqueline S. Gutierrez, MS, MEd, RD, CDN*

(Book, 430 pgs & Study Guide) An evidence-based, practical resource that explores the many benefits of a plant-based diet and provides you with the tools to help clients maintain nutrient consumption when following a plant-based meal plan.

WRA363 16 CPEs | \$170.95

Life Without Diabetes: The Definitive Guide to Understanding and Reversing Type 2 Diabetes *Cynthia Moore, MS, RDN, CDCES, NBC-HWC, c-IAYT*

(Book, 319 pgs & Study Guide) Examines managing and reversing type 2 diabetes in adult patients by using a weight management intervention.

WRA362 28 CPEs | \$235.95

The Health Professional's Guide to Nutrition Management of Thyroid Disease *Nicole Anziani, MS, RD, CDN, CDCES*

(Book, 245 pgs & Study Guide) Compilation of the most current evidence-based guidelines and available research relating to nutritional implications of thyroid health and disease management.

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WRA360

32 CPEs | \$255.95

The Essential Pocket Guide for Clinical Nutrition, Fourth Edition *Robert Iafelice, MS, RD, LDN*

(Book, 575 pgs & Study Guide) A comprehensive look at the latest evidence-based information on nutritional assessment, nutrition support, and considerations for specific diseases, including cancer, cardiovascular disease, diabetes, and pulmonary disease.

WRA359

16 CPEs | \$169.95

The Menopause Diet Plan: The Natural Guide to Managing Hormones, Health, and Happiness *Susan Burke March, MEd*

(Book, 329 pgs & Study Guide) Provides evidence-based advice and related real-life examples in the discussion of diet plans that can support your clients' menopause transition.

WRA358

44 CPEs | \$340.95

Advanced Sports Nutrition: Fine-Tune Your Food and Fluid Intake for Optimal Training and Performance, Third Edition

Jacqueline S. Gutierrez, MS, MEd, RD, CDN

(Book, 515 pgs & Study Guide) Help your clients stay healthy while exercising or competing so that they have longer athletic careers, improve in their sports, and are able to reduce risks for chronic disease.

WRA357*

17 CPEs | \$178.95

Intermittent Fasting: Evidence-Based Approaches to Optimized Health and Disease Resistance, Second Edition *Robert Iafelice, MS, RD, LDN*

(Manual, 111 pgs) Reviews the latest research regarding the association of intermittent fasting and weight, health, and chronic disease.

WRA355*

9 CPEs | \$115.95

Osteoporosis Prevention and Treatment, Sixth Edition *Nancy Meyer, MS, RD, CD*

(Manual, 79 pgs) The latest research and best practices regarding risk factors for and diagnosing osteoporosis together with prevention and treatment strategies.

WRA349*

20 CPEs | \$165.95

The Power of Communication: How to Increase Your Personal and Professional Effectiveness, Fourth Edition *Wolf J. Rinke, PhD, RDN*

(Manual, 175 pgs) Discover fail-safe strategies that will enable you to communicate more effectively with your patients/clients, boss, employees, and colleagues.

WRA347

24 CPEs | \$225.95

Six Factors to Fit: Weight Loss That Works for You

Michel D. Harris, DCN, MS, RDN, LDN, CDCES

(Book, 311 pgs & Study Guide) Tailor the latest in behavior change to your clients' personal factors to encourage success in losing weight and maintaining healthy weight.

WRA346

24 CPEs | \$225.95

Nancy Clark's Sports Nutrition Guidebook, Sixth Edition *Marie Spano, MS, RD, CSCS, CSSD*

(Book, 524 pgs & Study Guide) The latest research to design meal patterns that fit your client's training schedule, sustainability, and digestive issues.

WRA345*

3 CPEs | \$60.95

Combating Medical Errors: The Role of the Dietetics Practitioner, Third Edition *Alexandria Hardy, RDN, LDN*

(Manual, 31 pgs) Become aware of the growing body of literature addressing medical errors and demonstrate ways the system can be improved.

WRA344

26 CPEs | \$245.95

Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives *Cynthia Moore, MS, RDN, CDCES, NBC-HWC, c-IAYT*

(Book, 498 pgs & Study Guide) Gain the latest scientific evidence regarding successful aging that can help you, your patients, and clients improve the quality of life and continue to thrive far beyond the conventional age of retirement.

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WRA340* 10 CPEs | \$120.95

Type 2 Diabetes and Obesity, Fifth Edition *Janice MacLeod, MA, RD, CDCES, FADCES*

(Manual, 117 pgs) Gain an understanding of the pathology of type 2 diabetes and obesity and develop competency in designing strategies to prevent and treat them.

WRA337 28 CPEs | \$255.95

Eat to Beat Disease: The New Science of How Your Body Can Heal Itself *Susan Burke March, MEd*

(Book, 489 pgs & Study Guide) Guide your clients and patients in choosing foods and beverages that can help them enhance their health and avoid illness.

WRA336* 12 CPEs | \$125.95

Clinical Strategies to Combat Food Allergies and Intolerances *Robert Iafelice, MS, RD, LDN*

(Manual, 108 pgs) Lead the way in providing guidance on the management of food allergies and intolerances.

WRA334 12 CPEs | \$115.95

Diet for the Mind: The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline *Yvette Perrier Quantz, RDN, CSSD, LDN*

(Book, 274 pgs & Study Guide) Provides the latest scientific evidence regarding dietary and lifestyle factors that can help your patients and clients prevent Alzheimer's disease and cognitive decline.

WRA333* 11 CPEs | \$125.95

Anti-Glycation and "Age"-Reducing Therapies for Enhanced Nutrition Care *Sara Wagner, MS, RDN*

(Manual, 108 pgs) Get information about why glycation prevention may be more influential than standard blood glucose management, and why dietary advanced glycation end products (AGEs) are one of the most underutilized strategies in the fight against chronic disease.

WRA332 16 CPEs | \$195.95

Pocket Guide to Parenteral Nutrition, Second Edition *Robert Iafelice, MS, RD, LDN*

(Book, 203 pgs & Study Guide) An evidence-based program for determining the need for parenteral nutrition, ordering nutrient solutions, monitoring patient response to therapy, and coordinating care with patients, caregivers, and others on the health care team.

WRA331 14 CPEs | \$170.95

Meeting the American Diabetes Association Standards of Care: An Algorithmic Approach to Clinical Care of the Diabetes Patient, Second Edition *Jennifer Tomesko, DCN, RD, CNSC*

(Book, 165 pgs & Study Guide) Help care for people with diabetes in achieving glycemic, blood pressure, and low-density lipoprotein (LDL) goals.

WRA329 32 CPEs | \$215.95

Infant and Pediatric Feedings Guidelines for Preparation of Human Milk and Formula in Health Care Facilities, Third Edition *Robert Iafelice, MS, RD, LDN*

(Book, 266 pgs & Study Guide) Identify best practices for the safe and accurate handling of human milk and formula within the health care setting.

WRA326 18 CPEs | \$180.95

Making Nutrition Your Business: Building a Successful Private Practice, Second Edition *Yvette Perrier Quantz, RDN, CSSD, LDN*

(Book, 267 pgs & Study Guide) A complete roadmap to starting and maintaining a profitable nutrition-based business.

WRA324* 20 CPEs | \$200.95

Medical Nutrition Therapy for Diabetes Mellitus, Ninth Edition *Janice MacLeod, MA, RD, CDCES, FADCES*

(Manual, 184 pgs) Help impact medical and clinical outcomes while assisting patients in achieving dramatic improvements in their quality of life.

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WRA323*

14 CPEs | \$210.95

Glycemic Index Approaches for Weight, Diabetes, and Heart Health Management, Third Edition *Crystal Petrello, MS, RDN, LD*

(Manual, 118 pgs) Reviews glycemic index (GI) nomenclature, discrepancies of the GI, and explores approaches for weight, diabetes, and heart health management.

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WRA321

3 CPEs | \$25.00

Clinical Bioethics in Practice *Mindy Nelkin, D. Bioethics, RD, HEC-C*

(Written Course, 29 pgs) An introduction to the code of ethics for the nutrition and dietetics profession, which is based on a system of ethics built on four moral principles that can be applied to your professional practice.

WRA319*

12 CPEs | \$115.95

Nutritional Support in the Care of Adults With Critical Illness, Third Edition *Kris Mogensen, MS, RD-AP, LDN, CNSC*

(Manual, 110 pgs) Valuable information and tools to assist you in providing appropriate nutritional support for critically ill patients.

WRA318*

18 CPEs | \$165.95

Nutrition and Growth During the Adolescent Years *Danielle VenHuizen, MS, RDN*

(Manual, 137 pgs) Practical strategies to help adolescents fuel their bodies. Topics include sexual maturation, assessing the teen, fueling for sport, eating disorders, and risky behaviors.

WRA317

24 CPEs | \$194.95

Why You Eat What You Eat: The Science Behind Our Relationship With Food *Yvette Perrier Quantz, RDN, CSSD, LDN*

(Book, 352 pgs & Study Guide) Examine how psychology, neurology, and physiology shape people's relationships with food, and how food can alter patients' and clients' relationships with others.

WRA316*

6 CPEs | \$75.95

Ketogenic Diet Therapy for Epilepsy and Other Neurologic and Metabolic Based Conditions, Second Edition *Robert lafelice, MS, RD, LDN*

(Manual, 53 pgs) Will enable you to apply ketogenic diet therapies for patients with medication resistant epilepsy and other neurologic and metabolic-based conditions.

WRA315*

10 CPEs | \$130.95

Nutrition Focused Physical Exam *Alexandria Hardy, RDN, LDN*

(Manual, 85 pgs) This continuing education activity explores and details all aspects of the nutrition-focused physical exam, including assessment of somatic muscle, fat stores, fluid status, micronutrient deficiencies, and functional status.

WRA312

45 CPEs | \$325.95

Complete Food and Nutrition Guide, Fifth Edition *Roberta Larson Duyff, MS, RDN, FAND, FADA*

(Book, 802 pgs & Study Guide) Provide sound, positive, and practical healthy eating advice to the public and respond to their nutritional concerns.

WRA310

45 CPEs | \$375.95

Integrating Nutrition Into Practice *Jacqueline S. Gutierrez, MS, MEd, RD, CDN*

(Book, 484 pgs & Study Guide) Integrative medicine approach for nutrition screening and assessment, functional foods, nutritional supplements, and food allergies.

WRA309

16 CPEs | \$140.95

Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic — Fatty Liver Disease *Kristin Kirkpatrick, MS, RDN*

(Book, 293 pgs & Study Guide) Understand the basic risk factors of metabolic-dysfunction-associated steatotic liver disease (MASLD), as well as the dietary interventions that may be appropriate for MASLD patients.

WRA307*

8 CPEs | \$115.95

Irritable Bowel Syndrome: FODMAPs, Fat, Fiber, and Flora, Third Edition *Kate Scarlata, MPH, RDN, LDN*

(Manual, 80 pgs) Help clients manage IBS symptoms.

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WRA306

17 CPEs | \$160.95

Pocket Guide to Eating Disorders, Second Edition

Michel D. Harris, DCN, MS, RDN, LDN, CDCES

(Book, 222 pgs & Study Guide) Provides nutritional interventions for individuals experiencing dysfunctional eating disorders.

WRA304*

8 CPEs | \$115.95

Medical Nutrition Therapy for Gestational Diabetes Mellitus, Third Edition

Janice MacLeod, MA, RD, CDCES, FADCES

(Manual, 83 pgs) Improve maternal and fetal outcomes for clients with gestational complications.

WRA302

14 CPEs | \$144.95

The Food Safety Book: What You Don't Know Could Kill You

Susan Burke March, MEd

(Book, 218 pgs & Study Guide) Counsel patients and clients about food safety, quality, and storage.

WRA301

11 CPEs | \$120.95

Diabetes Risks From Prescription and Nonprescription Drugs: Mechanisms and Approaches to Risk Reduction

Susan Burke March, MEd

(Book, 133 pgs & Study Guide) Discusses the impact of major drugs on glycemic control and the risk of drug-induced diabetes.

WRA299

35 CPEs | \$265.95

Managing Diabetes and Hyperglycemia in the Hospital Setting, A Clinician's Guide

Jennifer Tomesko, DCN, RD, CNSC

(Book, 232 pgs & Study Guide) Strategies for best practices in inpatient diabetes management.

WRA298

20 CPEs | \$185.95

Pocket Guide to Neonatal Nutrition, Third Edition

Patti Perks, MS, RDN, CNSC

(Book, 365 pgs & Study Guide) Practical information on nutrition assessment, parenteral and enteral nutrition, medical/surgical conditions, discharge and follow up, and conversion tables.

WRA296

16 CPEs | \$165.95

The Mindfulness-Based Eating Solution: Proven Strategies to End Overeating, Satisfy Your Hunger, and Savor Your Life

Susan Burke March, MEd

(Book, 216 pgs & Study Guide) Teach clients the BASICS of mindful eating, change the focus from weight loss to health behaviors, identify cognitive distortions, and craft helpful responses.

WRA294*

14 CPEs | \$140.95

Nutrition and Cardiovascular Disease, Fourth Edition

Robert Iafelice, MS, RD, LDN

(Manual, 141 pgs) Apply preventative and medical nutrition therapy for cardiovascular disease.

WRA292

20 CPEs | \$185.95

Diabetes Management in Long-Term Settings: A Clinician's Guide to Optimal Care for the Elderly

Susan Burke March, MEd

(Book, 265 pgs & Study Guide) The latest evidence and guidelines for diabetes in the aging population.

WRA290

12 CPEs | \$165.95

Approaches to Behavior: Changing the Dynamic Between Patients and Professionals in Diabetes Care and Education

Yvette Perrier Quantz, RDN, CSSD, LDN

(Book, 165 pgs & Study Guide) Nurture interactions with patients to achieve individual treatment goals.

WRA289

20 CPEs | \$185.95

Pocket Guide to Bariatric Surgery, Third Edition

Kris Mogensen, MS, RD-AP, LDN, CNSC

(Book, 333 pgs & Study Guide) Integrates the Nutrition Care Process before and after surgery, during weight stabilization, and in follow-up care.

WRA287

20 CPEs | \$185.95

Pocket Guide to Nutrition Assessment, Fourth Edition

Robert Iafelice, MS, RD, LDN

(Book, 283 pgs & Study Guide) Utilize the Nutrition Care Process to ensure that you are able to conduct comprehensive nutrition assessments.

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WRA284

16 CPEs | \$165.95

Pocket Guide to the Nutrition Care Process and Cancer *Valaree Williams, MS, RD, CSO, LDN, CNSC, FAND*

(Book, 170 pgs & Study Guide) Tool to help you integrate evidence-based nutrition and cancer recommendations into the provision of nutrition care for patients diagnosed with cancer.

WRA278*

30 CPEs | \$225.95

Medical Nutrition Therapy for Kidney Disease, Third Edition *Natalie Sexton, MS, RDN, CSR, LD*

(Manual, 307 pgs) This activity examines the functions, physiology, and treatments related to the function and dysfunction of the kidneys.

WRA273*

10 CPEs | \$95.95

HACCP and Beyond Sanitation Manual: Managing Food Safety and Sanitation *Nancy Meyer, MS, RD, CD*

(Manual, 145 pgs) Provides overview of the complexities of foodborne illness and delivers practical information regarding food safety.

WRA272

20 CPEs | \$175.95

The Blue Zones Solution: Eating and Living Like the World's Healthiest People *Susan Burke March, MEd*

(Book, 319 pgs & Study Guide) Educate your patients/clients about activity and dietary patterns in the blue zones, which have been associated with health and longevity.

WRA270

26 CPEs | \$200.95

The Ultimate Guide to Sugars and Sweeteners: Discover the Taste, Use, Nutrition, Science, and Lore of Everything From Agave Nectar to Xylitol *Susan Burke March, MEd*

(Book, 279 pgs & Study Guide) Educate your patients/clients about the myriad nutritive and non-nutritive sweeteners and communicate evidence-based findings regarding the safety and usage of both.

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