

Earn Your Plant-Based Nutrition Certificate



Overview

This revolutionary online certificate program will help you understand how important diet and nutrition are to your life. Created by the T. Colin Campbell Center for Nutrition Studies (CNS) and featuring over 25 experts (MDs, PhDs, RDs, and RNs), the program connects you with the leading research on the plant-based diet and its role in promoting optimal health—including research on preventing and managing cancer, heart disease, diabetes, Alzheimer's, and autoimmune conditions.

In the program, you'll examine historic and contemporary research, take steps to apply this information in your life, and learn how to engage in productive conversations with friends, colleagues, clients, or patients about the science supporting plant-based nutrition.

The program builds on Dr. Campbell's lectures, experience, and more than six decades of research. He is a pioneer of nutrition and the author of several books, including the worldwide bestseller *The China Study*, *Whole: Rethinking the Science of Nutrition*, and *The Future of Nutrition*. He has published hundreds of peer-reviewed research papers and lectured worldwide.



On-Demand



Self-Paced



24/7 Access



Three-Part Program

- ✓ Nutrition and Society
- ✓ Nutrition and Chronic Disease
- ✓ Plant-Based in Practice





Inside the Program



Key Takeaways

- ✓ Dr. Campbell's eight principles of food and health
- ✓ Nutrition's role in chronic disease
- ✓ The impact of a whole food, plant-based diet on healthy weight management
- ✓ Common concerns for athletes, including supplementation and protein requirements
- ✓ The psychological reasons we are drawn to unhealthy foods
- ✓ How government and industry affect dietary choices and the environment
- ✓ Healthy eating for child development and maternal health
- ✓ Trending diet topics including gluten-free, keto, low-carb, paleo, and vegan



Who Should Enroll

- Anyone seeking to improve their personal health
- Medical and health professionals
- Chefs or food managers
- Athletes and personal trainers
- Parents
- Teachers
- Entrepreneurs

Continuing education credits are available for this program. Please inquire to learn more.

Enroll Online at: www.nutritionstudies.org/courses/plant-based-nutrition