

LEARNING OBJECTIVES
2-21-19

DESIRED OUTCOMES

At the end of the presentation, attendees will be able to:

- discuss core concepts and key elements of healthy eating patterns of Dietary Guidelines 2015 – 2020.
- incorporate novel shifts needed to align with healthy eating patterns.
- evaluate everyone's role in support of Healthy Eating Patterns.
- prepare to assess cultural diversity issues in risk, incidence, prevalence, disease burden, or mortality associated with chronic, preventable diseases and/or cultural disparities in access, or less adherence to suggested healthy eating guidelines.