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# Understanding Americans' Approach to Weight Management: The Role of Low-Calorie Sweeteners

A Continuing Professional Education Program for Registered Dietitians

**Date:** Thursday, April 8, 2010

**Time:** 12:00 pm – 1:15 pm EST

**Format:** Live Internet-Based Presentation

**CPE:** 1.0 Unit (Approved for RD, DTR)

**Cost:** This online educational activity is offered free of charge

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Americans' dieting behaviors and the role of low- and no-calorie sweeteners have been a hot topic in recently published scientific research. It is imperative that this science is understood by registered dietitians so that they can provide their patients with the best strategies for maintaining a healthy weight and a healthy heart.

## LEARNING OBJECTIVES

At the conclusion of this lecture, attendees will be able to:

- Understand, from a clinical perspective, what factors can impact consumers' food and beverage decisions, eating behaviors and satiety, and how each relates to weight management challenges
- Discuss the latest research and literature on low- and no-calorie sweeteners in weight reduction and maintenance
- Describe the role of sweeteners in helping to maintain a healthy body weight and heart, as well as adequate nutrient intake
- Recognize the impact individual preferences and tolerance can have on weight management strategies and maintaining a healthy lifestyle

## PRESENTERS

- **Dr. Adam Drewnowski, Ph.D.**, Director of the Center for Public Health Nutrition and Professor of Epidemiology and Medicine at the University of Washington
- **Robyn Flipse**, Registered Dietitian in private practice specializing in food, nutrition and health communications

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