The United States is suffering from an unprecedented overweight/obesity epidemic and from the chronic diseases that overweight and obesity exacerbate. Registered nurses (RNs) suffer from these conditions as well. RNs need to know the status of their own nutritional health. They need to know how to make the most informed, healthful menu choices when eating out at restaurants, not only for themselves but also so they can educate their patients.

By knowing the state of one’s own health and the caloric content, RNs can truly be role models, advocates and educators of healthier lifestyles. There are several resources, including the FDA’s upcoming regulations, that will provide menu and menu board labeling, to assist consumers in making their most healthful choices when eating out at restaurants.

FOLLOWING THIS WEBINAR, NURSES WILL BE ABLE TO:

1. Identify types of establishments that will have to display calories on menus and menu boards
2. Identify what type of information will be available on menus and menu boards
3. Analyze current research on RN nutritional status and intake
4. Describe methods for nurses to promote and utilize menu labeling and nutritional facts to increase their own and their patients’ health and wellness

The American Nurses Association and the U.S. Food and Drug Administration present:

FDA’S MENU LABELING REQUIREMENTS
WHAT NURSES NEED TO KNOW

NOV. 19, 2015 • NOON ET

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For more information regarding contact hours, please call Holly Carpenter at 301-628-5105.

This continuing nursing education activity was approved by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.