



Calorie Control Council
HEALTHY EATING & EXERCISE FOR LIFE™

Free Educational Resources

The Calorie Control Council (CCC) is now a CDR Accredited CPE Provider! If you are looking for informative and educational recorded webinars and self-studies with FREE CPE credit, please visit the special health professional section: www.caloriecontrol.org/health-professional-library/cpe-corner. The site also contains science based information about low-calorie sweeteners, educational fact sheets and more!

Free CPE Self-Studies and Recorded Webinars

(One CPE Credit Per Self-Study/Webinar)

“From Bench to Broadcast: Putting Research into Perspective”: Dr. Adam Drewnowski, director of the Nutritional Sciences Program and Professor of Epidemiology and Medicine at the University of Washington, and Hope Warshaw, MMSc, RD, CDE, BC-ADM, discuss practical, real world strategies related to weight and diabetes control and how such strategies must be provided to the general public to aid them in making better overall healthy lifestyle choices.

“Low and Reduced Calorie Sweeteners: Hot Topics from A to Z”: Dr. Alan Rulis, senior managing scientist, Center for Chemical Regulation and Food Safety, Exponent, Inc., and Robyn Flipse, RD, provide scientifically based answers about low and reduced-calorie sweeteners. A recorded version will be available in August 2011.

“Demystifying FDA’s Food Ingredient Approval Process”: Health professionals hear questions every day about whether the foods in grocery stores or restaurants are healthy and safe. Processed foods, complex ingredient names, low-calorie sweeteners, and preservatives are just a few examples of ingredient-related questions asked by consumers. The RD is uniquely positioned to hear these questions and respond to them, but must be prepared to do so. This self-study provides information about how food ingredients are approved, the difference between food ingredient approval, GRAS, etc.



“Stevia: The Journey from GRAS to Grocery”: Dr. Claire Kruger, Dr. Mike Carakostas and Hope Warshaw, RD, discuss the history of stevia, the safety assessment and how this ingredient is now being used in foods and beverages.

To access these free webinars and self-studies, visit www.caloriecontrol.org/health-professional-library/cpe-corner.

Fact Sheets Available for Patient Educational Handouts

“Sweet Facts about Stevia”: Published in the January 2011 issue of *Today’s Dietitian*, this fact sheet presents the history, benefits and safety information behind stevia.

“Sweet Facts About Polyols”: Published in the November 2010 issue of *Today’s Dietitian*, this fact sheet presents the benefits, safety and scientific information about Polyols, also called sugar alcohols.

To access these free handouts, visit www.caloriecontrol.org/health-professional-library.



For more information, please visit:

www.caloriecontrol.org
www.aspartame.org
www.polyol.org
www.steviabenefits.org