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Clarifying the minefield of ever-changing nutrition advice

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Abstract

The scientific, professional and lay literature provide confusing messages regarding what should constitute healthy eating for the population at large and appropriate dietary advice for those with conditions such as diabetes for which medical nutrition therapy plays a key role. What should be regarded as appropriate amounts and types of fat and carbohydrate and how to translate the science of nutrition into appropriate food choices are issues which confront healthy individuals and patients and those who advise them on a daily basis. The aim of the Webinar is to provide guidance for nurses who, regardless of their area of speciality, are often in the front line and are expected to be able to provide advice regarding one of the most important determinants of human health.

Biography

Jim Mann, CNZM, PhD, DM, FRACP, FRSNZ has been Professor in Medicine and Human Nutrition at the University of Otago and Consultant Physician (Endocrinology) in Dunedin Hospital for the past 32 years. Previously he lectured at the University of Oxford and was a Physician in the Radcliffe Infirmary.

He is Director of the World Health Organisation (WHO) Collaborating Centre for Human Nutrition, the 'Healthier Lives' National Science Challenge and the New Zealand-China Non Communicable Diseases Research Collaboration Centre and; co-Director of the Edgar Diabetes and Obesity Research Centre (EDOR). He is principal investigator for the Riddet Institute, a national Centre of Research Excellence at Massey University.