

Botanical Basics for Dietetics Practice

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This program is offered via Iowa State University's Dietetics Academy, an accredited program provider for Iowa Licensure and ADA Accreditation.

Iowa License Provider #9 and CDR Accredited Provider #IO 002.

Completion of this program provides:

CPEU: 5 units CPEU Level: I

This program meets PDP codes:

- 2010 Botanicals and Phytochemicals
- 3100 Supplemental nutrients and botanicals
- 5420 Complementary care, alternative therapies (nutritional care)

This program is certified for 3 years.

Upon completion of this program, the learner will be able to:

- Gain perspective on characteristics of herb use and herb users, and implications for dietetics practice
- Construct appropriate advice to clients regarding herb use in consideration of the regulatory status of herbs in the US, and using an evidence-based approach
- Identify hazardous herbs, conditions of hazardous use, and most likely and significant adverse effects of herb use
- Create a valid matrix that compares the most commonly used herbs, their main proven health effects, and contraindications