

# HASHTAG NUTRITION: DIET TRENDS IN 2020

Nazirber Maduro, RDN, CDN, CDCES

Naz Maduro Nutrition, LLC.

# DIET TRENDS

## *Description*

“Explore trends in diet and how they impact patient care. Identify top trends of 2020 and discuss current market that drives popular demand to understand what causes diets to trend. Discuss social media influence on diet and how to work with patients to meet their expectations, budgeting good vs. harm vs. evidence.”

# Learning Objectives

1. Discuss current trends in nutrition and how they influence treatment / patient care.
2. Identify specific trends, review and evaluate the traffic that drives trending diets.
3. Discuss the basic principles of a healthy diet; evaluate whether the trending topics encompass healthy dietary practices or principals.
4. Diets topping the charts in 2020
5. Choosing the “right diet” and making recommendations.