

*“I love the service provided by EIN. It's excellent value for money and a great way to keep up to date on interesting topics.”*



Education in Nutrition provides independent, evidence-based recordings. Each of the over 200 on-demand recordings in our library comes with suggested further reading and assessment questions for your CPD.

Our entire library of on-demand presentations and case study recordings is fully available to subscribers. Have immediate access to our complete library of over 200 independent nutrition expert recordings.

Clarify, update, and refresh your nutrition knowledge with our independent, expert presentations.

Our **Education in Nutrition Listen app** presentations connects you to our library of evidence-based webinars and case studies so you can create your own play list and download to listen offline on mobile, tablet or in your car.

Where do you start? To use the app you need to establish an account on our website. Recordings are available via the app once you have purchased them or become a subscriber to Education in Nutrition.

Visit the App Store or Google Play and search **Education in Nutrition Listen App**. Before downloading please check you have the latest software on your phone.

*For more information and to order visit our website [www.educationinnutrition.com.au](http://www.educationinnutrition.com.au)*

## Catalogue July 2020

### **GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE**

**Nutrition and Intestinal Permeability** *Dr Cuong Tran*

**Nutritional Therapy in Inflammatory Bowel Disease** *Liz Purcell*

**Non-alcoholic fatty liver disease (NAFLD)** *Tayla Robertson*

**Psychogastroenterology** *Dr Jim Kantidakis*

**Eosinophilic oesophagitis** *Dr Vicki McWilliam*

**Probiotics in Clinical Practice 2 Part Series: Evidence of Benefit, Mechanisms of Action, and Risks of Use** *Dr Jason Hawrelak*

**Intestinal failure** *Dr Sharon Carey*

**GORD and Barrett's oesophagus** *Louise Mudge*

**Small Intestinal Bacterial Overgrowth: Case Studies** *Alison Stewart*

**Small Intestinal Bacterial Overgrowth** *Dr Nirala Jacobi*

**Gastroparesis and motility disorders** *Dr Sharon Carey*

**What's new in coeliac disease?** *Dr Jason Tye-Din, MBBS, PhD, FRACP*

**Pancreatic enzyme replacement treatment (PERT)** *Ruth Vo*

**Nutritional management of Whipple's surgery** *Kylie Russell*

**Food Protein Induced Enterocolitis: Case Study** *Vicki McWilliam*

**Low FODMAP diet, 11 yr old boy: Case Study** *Marnie Nitschke*

---

**GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE** *Cont'd*

Low FODMAP diet, 44 yr old woman: Case Study  
*Marnie Nitschke*

Teaching the gluten-free diet - Part 2  
Gluten free diet practical details *Sally Marchini*

Nut Anaphylaxis: Case Study *Vicki McWilliam*

RPAH food chemical intolerance: Case Study  
*Dr Kim Faulkner-Hogg*

Teaching your clients the Low FODMAP diet  
*Marnie Nitschke*

Teaching the gluten-free diet - Part 1  
Gluten free diet essentials *Sally Marchini*

Teaching the gluten-free diet - Part 2  
Gluten free diet practical details *Sally Marchini*

The anti-inflammatory diet for inflammatory bowel disease  
*Barbara Olendzki*

The Low FODMAP Diet in Practice *Joanna Baker*

Non-Alcoholic Fatty Liver Disease *Dr Alexander Hodge*

The brain-gut axis *Dr Simon Knowles*

Total Parenteral Nutrition: the basics *Dr Sharon Carey*

Nutritional management of stomas *Dr Sharon Carey*

Nutritional management after upper gastrointestinal surgery  
*Dr Sharon Carey*

Advanced management of IBS *Dr Kerith Duncanson*

Faecal transplant: the new frontier for IBS treatment?  
*Nick Dunn*

Inflammatory bowel disease *Dr Guru Iyngkaran*

Travelling gluten free *Sally Marchini*

Dietary management of eosinophilic oesophagitis  
*Vicki McWilliam*

Allergy management in food service *Suzanne Kennewell*

Practical application of the RPAH elimination diet  
*Zoe Nicholson*

Nutrition and the liver *Brooke Chapman*

High fibre, high prebiotic diet for healthy individuals  
*Trish Veitch & Jane Muir*

---

**PREGNANCY & WOMEN'S HEALTH**

Diet and PCOS- emerging evidence *Claire Julsing Strydom*

The new PCOS guidelines, what's relevant for dietitians  
*Dr Kate Marsh*

Hypothalamic amenorrhea: Case Study *Dr Kate Marsh*

Menopause *Dr Fiona Jane MBBS*

Breast cancer: Case Study *Dr Michelle Harvie*

Gestational Diabetes Mellitus: Case Study *Robyn Barnes*

The nutritional management of polycystic ovarian syndrome  
*Claire Julsing Strydom*

Diet and nutrition during pregnancy *Natasha Jo Leader*

Gestational diabetes *Natasha Jo Leader*

Nutrition and endometriosis *Dian Shepperson Mills*

---

**MEN'S HEALTH**

Men's health and nutrition *Joel Feren*

---

**NUTRITION SUPPORT, DISABILITY & AGEING**

Treatment of COVID-19 *Dr Suzie Ferrie* **\*FREE**

The role of nutrition in Parkinson's disease *Amy Neill*

Gastrointestinal function in critical illness *Varsha Asrani*

Nutrition in the post-ICU period *Dr Emma Ridley*

Indirect calorimetry *Dr Emma Ridley*

Positive ageing *Associate Professor Christina Bryant*

Nutritional Frailty *Professor Renuka Visvanathan*

Nutrition and burns *Michelle Cork*

Texture modified diets *Colleen Kerr*

Nutrition in Acute Spinal Cord Injury: Part 1 *Paula Carroll*

Nutrition in Rehabilitation and Long-term Spinal Injury:  
Part 2 *Paula Carroll*

The role of diet in Multiple Sclerosis *Dr Jonathan White  
MBChB, MRCOG*

Implementing IDDSI: Case Study *Julia Scott*

Aged care: Case Study *Ngaire Hobbins*

Enteral feeding *Jacqui Bailey*

How to review an aged care menu *Olivia Farrer*

NDIS Nutrition Support: Case Study *Carmel Curlewis*

Diet & Fibromyalgia *Kaitlyn Anderson*

NDIS - Frequently asked questions *Aimee Taylor* **\*FREE**

Cystic Fibrosis: 2 part series *Natalie van der Haak  
& Andrea Kench*

Malnutrition screening *Professor Liz Isenring*

Malnutrition assessment and nutritional diagnosis  
*Professor Liz Isenring*

Eat to cheat dementia *Ngaire Hobbins*

The International Dysphagia Diet Standard Initiative  
*Peter Lam, Dietitian, Canada*

NDIS overview - working in a social insurance model  
*Luke Bo'sher*

Successful nutritional management in clients with  
intellectual disabilities *Jodie Ellis*

Palliative care and nutrition *Dr Liz Raymond*

---

**DIABETES & ENDOCRINOLOGY**

Medications for type 2 diabetes *Dr Nicole Kellow*

Preventing complications in type 2 diabetes  
*Dr Nicole Kellow*

Endocrine-Disrupting Chemicals and Diabetes *Professor  
Dianna Magliano*

Type 1 diabetes and exercise: Case Study *Steve Flint*

Dietary considerations in T1DM pregnancies  
*Sally Marchini*

Low carb diets *Camilla Dahl*

Managing athletes who have type 1 diabetes *Steve Flint*

Low carb diets and type 2 diabetes *Tim McMaster*

The thyroid gland including how to interpret TFT's  
*Assoc Prof Ken Sikaris* \*FREE

Disordered eating in diabetes *Dr Kylie Mosley*

Insulin pumps *Dr Carmel Smart*

Type 1 diabetes: Case Study *Robyn Perlstein*

Type 2 Diabetes: Case Study *Robyn Perlstein* \*FREE

LADA: latent autoimmune Diabetes of adulthood  
*Catherine Amadio Prochilo*

Hypoglycaemia in diabetes *Catherine Amadio Prochilo*

Nutrition and diabetic foot ulcers  
*Josephine Pizzinga & Kate Hawkins, Podiatrist*

DAFNE- Dose adjustment for normal eating *Eileen Collins*

Exercise and type 1 diabetes *Dr Carmel Smart*

Type 1 diabetes & coeliac disease *Sally Marchini*

Medication options for type 2 diabetes *A/Prof Mark Kennedy*

Nutritional management of type 1 diabetes in children  
and young people *Dr Carmel Smart*

Meal-time insulin dosing in type 1 diabetes -  
beyond carb counting *Dr Carmel Smart*

An update on vitamin D *Rebecca Mason*

Managing hyperglycaemia in Type 2 diabetes  
*Robyn Barnes*

---

**SPORT**

Relative energy deficiency in sport (RED-S)  
*Katie Schofield*

Dietary recommendations to increase muscle mass for the  
general and athlete population *Simone Austin*

Food provision and nutrition support for athletes at major  
competition *A/Prof Fiona Pelly*

Endurance athletes & gastrointestinal issues *Atlanta Miall*

Competition nutrition - sports nutrition basics  
*Sarah Dacres-Manning*

Hydration *Sarah Dacres-Manning*

Protein & supplements *Sarah Dacres-Manning*

---

**NUTRIGENOMICS**

Methylenetetrahydrofolate Reductase (MTHFR):  
Case Study *Susie Burrell*

An introduction to this emerging field of nutrition science  
*Dr Flavia Fayet-Moore*

Applying nutrigenomics in your practise  
*Dr Flavia Fayet-Moore*

---

**ONCOLOGY**

Beliefs about nutrition and cancer *Kirsty Rowan*

Haematology: Case Study *Lauren Atkins*

Cancer cachexia *Jane Harrowfield*

Lung cancer: Case Study *Erin Kennedy*

Colorectal cancer: Case Study *Anna Beaumont*

Fundamentals of nutrition and cancer: how dietitians  
can help cancer patients in hospital: 2 part series  
*Jenelle Loeliger, Belinda Steer*

Nutritional management of adult patients with  
head and neck cancer: 2 part series *Teresa Brown*

Nutrition and breast cancer *Dr Michelle Harvie*

Ketogenic diets for brain cancer *Susan Wood*

Cancer cachexia *Janelle Loeliger*

---

**WEIGHT MANAGEMENT & DIET THERAPIES**

Food, anxiety and optimising immunity *Susie Burrell*  
\*FREE

Weight management advice for GPs *Susie Burrell*

Body Image *Terrill Bruere*

Meals and meal-timing for shift workers *Gloria Leung*  
\*FREE

Nutrition considerations in shift work *Gloria Leung*

Pharmacotherapy and bariatric surgery options for  
obesity *Professor John Dixon*

Intermittent Fasting and the Circadian Clock  
*Courtney Peterson*

Vegan diet: Case Study *Jane Whitbred*

Current evidence on dietary approaches to improve  
weight loss success *Prof Clare Collins*

Intermittent fasting: Case Study *Michelle Harvie*

Modified Atkins Diet for adults *Neha Kaul*

Fad Diets *Simone Austin*

---

**WEIGHT MANAGEMENT & DIET THERAPIES** *Cont'd*

- The non-diet approach: Case Study *Zoe Nicholson*
- The psychology behind over-eating *Susie Burrell*
- Mindful Eating *Sallyanne Pisk* \*FREE
- How to use a non-diet approach in your practice  
*Zoe Nicholson*
- Food addiction *Dr Robyn Brown*
- Sleep and Circadian Rhythms *Dr. Sarah Jay*
- The Mediterranean diet *Professor Catherine Itsiopoulos*
- Intermittent fasting *Dr Michelle Harvie*
- Bariatric surgery - 2 part series *Merril Bohn*
- Very Low Energy Diets *Dr Janet Franklin*
- Goal setting for weight management - foundations for success  
*Glenn Mackintosh*
- Self compassion *Kiera Buchanan*
- The Low Carbohydrate High Fat diet *Caryn Zinn*
- Practical plant-based eating *Amanda Benham & Lucy Taylor*
- Interpretation of hyperlipidaemia *A/Prof Ken Sikaris*
- Insulin resistance *Susie Burrell*
- How to address emotional eating *Kiera Buchanan*
- Body image *Susan Paxton and Fiona Sutherland*

---

**PAEDIATRICS**

- Growing Up Milk *Dr Amy Lovell*
- Fussy eating in children *Amy Lovell*
- Fussy eating, not chewing & motor development:  
Case Study *Dr Denise Stapleton*
- How to feed kids in ICU *Bridget Little*
- Nutrition for children from vulnerable populations:  
Case Study *Ju-Lin Lee*
- Autism: Case Study *Rocco Di Vincenzo*
- Non IgE mediated cows milk allergy: Case Study  
*Vicki McWilliam*
- Fussy eating: Case Study *Dr Denise Stapleton*
- Toddler eating and nutrition *Judith Myers*
- Food-sensitive babies *Joy Anderson*
- Food allergy in children *Vicki McWilliam*
- Breastfeeding *Evelyn Volders*
- Babies' first foods *Evelyn Volders*
- Diet and food allergy development during infancy  
*Kate Grimshaw*

---

**MENTAL HEALTH & EATING DISORDERS**

- Identifying eating disorders in the primary care setting  
*Jen Pfeifler*
- Protecting the physical health of people with mental illness  
*Dr Scott Teasdale*
- Binge Eating and Binge Eating Disorder  
*Michelle Robertson*
- Anorexia nervosa: Case Study 2 *Maureen O' Connor*
- Avoidant restrictive food intake disorder: Case Study  
*Shawna Melbourne*
- Practising as an eating disorders dietitian  
*Maureen O' Connor*
- Avoidant restrictive food intake disorder - ARFID  
*Shawna Melbourne*
- Orthorexia: Case Study *Sarah McMahon*
- Severe mental illness: Case Study *Scott Teasdale*
- The effect of trauma on health *Dr Tony McHugh*
- Bulimia Nervosa *Shane Jeffrey*
- Anorexia Nervosa: Case Study 1 *Shane Jeffrey*
- Binge Eating Disorder: Case Study *Dr Kiera Bachanan*
- Orthorexia Nervosa *Sarah McMahon, Psychologist*
- Binge eating disorder *Dr Kiera Buchanan*
- Anorexia nervosa in adolescents *Melissa Whitelaw*
- Safe exercise at every stage *Alanah Dobinson*
- The unique nutrition challenges of severe mental illness  
*Scott Teasdale*
- Diet and mental health *Dr Felice Jacka*

---

**CULTURE & POLITICS**

- Well-being in indigenous communities *Lisa TeMorenga*
- Lifestyle change, diabetes and related conditions in  
Australian Aboriginals *Prof Kerin O' Dea* \*FREE
- Emerging Adulthood and Health *Dr Lee Ashton*
- Diversity in Dietetics *Noell Burgess, Purva Gulyani,  
Farah Wilson & Dung Pham* \*FREE
- Insects: why we should be eating them *Nicole Senior*
- Food and religion *Paul Fieldhouse*
- Nutrition and Ramadan *Lina Breik*
- Ancient grains *Catherine Saxelby*
- Japanese diet & longevity *Hideo Makuuchi, Japanese  
Dietitian with translation by Fumi Somehara*
- Improving Indigenous health – Everyone's business  
*James Ward & Dr Karla Canuto* \*FREE

**RENAL**

Identifying and managing people with chronic kidney disease in primary care *Jess Dawson*

Conservative management of advanced kidney disease *Jess Dawson*

Basics of renal nutrition *Kelly Lambert*

Acute kidney injury *Kelly Lambert*

Interpreting biochemistry: Case Study *Anthony Meade*

Making sense of common biochemical measures *Anthony Meade*

Kidney stone management *Lyn Lloyd, Renal Dietitian*

Dietary modification in chronic kidney disease: when, why and how *Dr Katrina Campbell*

**PROFESSIONAL PRACTICE**

Conflicts of interest *Jacques Rosseau*

Creating and embedding nutrition policies *Kate Wilkinson & Amy Wakem*

Implementing the IDDSI in a 9-site healthcare *Lina Breik*

Dietetic careers in food industry *Jemma O' Hanlon*

Nutrition Care Process: Foundation *Dr Varitha Kinghorn*

An update in ICU nutrition *Varsha Asrani*

Reading and interpreting scientific papers *Prof Sarah McNaughton*

Dietary analysis 1: Introduction *Dr Dianne Volker*

Dietary analysis 2: Further skills *Dr Dianne Volker*

TeleConsultations and the dietitian *Michelle Corray*

Teaching your clients how to read a food label *Catherine Saxelby*

Medicare use for dietitians *Magali De Castro*

Food regulation *Louise Fisher*

Sustainable food as a health issue *Dr Clare Pettinger & Liz Atherton* **\*FREE**

Food industry partnerships: a political slippery slope *Andy Bellatti* **\*FREE**

Compassion fatigue: caring for the carer *Amanda Lambros* **\*FREE**

**GENERAL**

Successful nutrition from home *Susie Burrell* **\*FREE**

Transgender Health *Dr Nate Reid* **\*FREE**

Advanced Glycation End Products (AGEs) *Dr Nicole Kellow*

Soup *Catherine Saxelby*

Ultra-processed foods *Priscila Machado*

Nutrition trends and fads over the last 30 years *Catherine Saxelby*

Self control *Susie Burrell*

Bone health and density *Professor Laura McCabe*

Legumes *Natalie Figueira*

Diet and inflammation *Dr Hannah Mayr*

Cortisol *Dr Kamaldeep Manak*

Emerging Adulthood and Health *Dr Lee Ashton*

Cholesterol lowering medications *Melanie Frodsham*

Making and using fermented foods *Sharon Flynn*

Water, hydration and fluid *Pauline Douglas*

Physical activity and sedentary behaviour: benefits, guidelines and practice tips *Paddy Dempstey*

Nutrition and chronic pain *Joanne Baker*

Using Health Apps with your clients *Kelli Hale*

How to facilitate a cooking class *Charlotte Miller*

Iron and zinc *Lynn Riddell*

Common drug nutrient interactions *A/Prof Lesley Braun*

Iodine: what dietitians need to know *Karen Charlton*

B12 and folate *Lynn Riddell*



*I love the fact that when presented with a new medical condition, I can come home, search in the EIN presentations and straight away I have some up to date fantastic knowledge to share with my patients.*

## HOW TO ORDER

### 1. INDIVIDUAL RECORDINGS

From AUD\$38 for a recording of the presentation and associated documents and AUD\$24 for case studies. To purchase presentations individually visit our website: [www.educationinnutrition.com.au](http://www.educationinnutrition.com.au)

### 2. SUBSCRIBE

Receive immediate access to our entire library of over 200 presentations and case studies. Every month four new titles are added to the library.

#### SUBSCRIBE MONTHLY

Pay monthly by credit card (minimum initial 12 month term)

- Individual Subscription (1 individual/viewer)**  
Starting at \$33/month + one-off joining fee \$60
- Small Group Subscription (1-5 individuals/viewers)**  
Starting at \$59/month + one-off joining fee \$60
- Large Groups (6-10 individuals/viewers)**  
Starting at \$99/month + one-off joining fee \$60  
For Groups above 10 please contact  
[jo@educationinnutrition.com.au](mailto:jo@educationinnutrition.com.au) for pricing
- Individual Concession Subscription (1 individual/viewer)**  
\$24.00/month + one-off joining fee \$30
  - Mentors - an APD who voluntarily assists a provisional APD for 12 months.
  - Mentees • Students • Resumption of Practice
  - Maternity Leave • Unemployed
 (evidence of status required and maximum terms apply)
- Retired Dietitians Complimentary Subscription**  
Email [jo@educationinnutrition.com.au](mailto:jo@educationinnutrition.com.au) to apply

#### SUBSCRIBE ANNUALLY

Pay annually payable via bank transfer, credit card, cheque, invoice or purchase order (minimum 12 month term)

- Individual Subscription (1 individual/viewer)**  
\$396/year + one-off joining fee \$60
- Small Group Subscription (1-5 individuals/viewers)**  
\$708/year + one-off joining fee \$60
- Large Groups/Organisation (6-10 persons)**  
\$1188/year + one-off joining fee \$60  
For Groups above 10 please contact  
[jo@educationinnutrition.com.au](mailto:jo@educationinnutrition.com.au) for pricing
- Individual Concession Subscription (1 individual/viewer)**  
Annual \$288.00/year + one-off joining fee \$30
  - Mentors - an APD who voluntarily assists a provisional APD for 12 months.
  - Mentees • Students • Resumption of Practice
  - Maternity Leave • Unemployed
 (evidence of status required and maximum terms apply)

First name

Last name

Are you a member of DAA or NZ Dietitians? Yes / No

Organisation (if applicable)

Postal address

Home  Work

Email

Contact phone number

Card number

Name on card

Expiry date

CCV

**Conditions:** A joining fee will apply. Monthly subscriptions must be paid for by credit card which will be used each month, or alternatively 12 months + joining fee can be invoiced. Minimum of 12 months applies.

#### PAYMENT DETAILS

**Cheque:** Make cheques payable to: Education in Nutrition

**Bank transfer:** Please transfer total to our bank account using your SURNAME as a reference.

**Account name:** Education in Nutrition

**Account number:** 30589

**BSB:** 803 216

**Credit Card:** Select to pay by credit card (MasterCard or Visa accepted).

Your credit card will read: Education in Nutrition.

#### RETURN COMPLETED FORM TO:

**Email** [jo@educationinnutrition.com.au](mailto:jo@educationinnutrition.com.au)

**Phone** +61 3 8679 6553