

# American Journal of Preventive Medicine

## INFORMATION FOR CATEGORY 1 CME CREDIT

### Frequent Nutritional Feedback, Personalized Advice, and Behavioral Changes: Findings from the European Food4Me Internet-Based RCT

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This article has been chosen to participate in the AJPM CME program. Please read and follow the instructions below:

#### Educational objectives

After reading this article, the learner should be able to:

1. Analyze the design of, and interpret the outcomes from, a randomized controlled study of personalized nutrition.
2. Identify and select appropriate methods for assessing the overall healthiness of individual diets.
3. Evaluate the benefits and disadvantages of using Higher-Frequency feedback to participants in a personalized nutrition intervention.

#### Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME). ACPM is accredited by the ACCME to provide continuing medical education for physicians.

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#### Term of approval

August 2, 2019–August 2, 2022

Estimated time to complete this activity is 1 hour.

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