



OPTION C 1: SIX (6) SELF-STUDY ARTICLES

2024 READING LIST:

1. Cardenas D et al. Nutritional care is a human right: Translating principles to clinical practice. (Ethics)
2. Chin et al. Food and nutrition labelling as a nutrition education tool: understanding, perspectives and practices of South African dietitians.
3. Lomer et al. British Dietetic Association consensus guidelines on the nutritional assessment and dietary management of patients with inflammatory bowel disease.
4. Milner et al. Utilizing Probiotics for the Prevention and Treatment of Gastrointestinal Diseases.
5. Shahid et al. Diet and lifestyle modifications for effective management of polycystic ovarian syndrome (PCOS).
6. Kapur et al. Nutrition Management of Gestational Diabetes Mellitus.