

# Nutrition Vertical Theme Road Map

Learning objective: Students will achieve a level of nutritional literacy that will allow them to apply and communicate this knowledge to improve health outcomes for patients, families, communities and populations.

**YEAR ONE:** Foundations in Clinical Medicine I Introductory Module- Health Promotion and Illness Prevention:  
Macronutrients and Healthy eating, Micronutrients, Nutritional Assessment, Diet and Weight Control; Dietary Planning Workshop; Mediterranean, Vegan and other Dietary Approaches; Nutritional Needs in Adulthood; Nutritional Needs in Infants; Children and Adolescents; Nutritional Status Assessments; Personal Diet History Review

Year 3 Clerkship  
Selected Topics in Medicine:  
Nutritional deficiencies  
Other topics

Year One Systems-Based Modules  
Nutrition in Foundations of Clinical Medicine I-IV courses  
Hematology: iron and vitamin B12  
Gastroenterology:  
Food allergies and food intolerances  
Celiac disease  
Cardiology: nutritional counseling re: dyslipidemia and hypertension

Years One and Two  
Nutritional context will be included in the longitudinal Case-Based Learning module within Foundations I-IV

Year Two  
Nutrition in Foundations of Clinical Medicine III-IV courses:  
Nephrology: reducing the risk of chronic kidney disease  
MSK: Calcium/Vit D bone health