

Nutrition Vertical Theme Road Map 2021/22

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 1, term 1

Principles course: nutrition
macronutrients, micronutrients, liquids, fiber, Mediterranean diet, phytonutrients, nutrition through the life cycle, nutrient-drug interactions, basic dietary supplements, environmental concerns related to food choices, healthy meal planning, nutrition resources

Other nutrition content:
integrative medicine sessions in principles

Clinical clerkship

Selected topics in medicine:
Nutritional deficiencies
Nutrigenomics

Year 1, term 2

Nutrition in foundation courses

Hematology: iron and vitamin B12

Cardiology: nutritional counseling re: dyslipidemia and hypertension

Gastroenterology:

Food allergies and food intolerances

Celiac disease

Hospital based nutrition

Other nutrition content: integrative medicine in foundation courses

Year 2, term 2

Other nutrition content:
integrative medicine in foundation courses

Year 2, term 1

Nutrition in foundation courses:

Nephrology: reducing the risk of chronic kidney disease

Other nutrition content:
integrative medicine in foundation courses