

# Nutrition Vertical Theme Road Map 2022/23

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