

LOMA LINDA UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF NUTRITION

**NUTR 597 Topics in Vegetarian Nutrition
(1-3 units)**

This course taken in conjunction with the 6th International Congress of Vegetarian Nutrition will provide students exposure to the most recent findings and best practices relating to vegetarian nutrition and diets from around the world. Students will attend plenary lectures, workshops, short oral presentations and poster sessions. Topics to be addressed include current issues in soy; nuts, and other foods relevant to vegetarian diets and cancer, aging, cardiovascular risk, obesity, metabolic syndrome and diabetes; environmental impact of meat and plant based diets and public health issues and implications. An up-to-date list of topics is available at the program section of the congress website: www.vegetariannutrition.org.

INSTRUCTORS

Michelle Wien, DrPH, RD, CDE (Course Coordinator)
Assistant Professor, Department of Nutrition
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Office: Nichol Hall 1107
Phone: 909-558-4598

&

Joan Sabaté, MD, DrPH
Professor and Chair, Department of Nutrition

CREDIT AND COST

One to three (1-3) quarter units at standard LLU-SPH winter tuition rate.
Tuition is to be paid at time of registration.

DATE

6th International Congress on Vegetarian Nutrition
February 24-26, 2013
Final papers due March 22, 2013

LOCATION

Loma Linda University Drayson Center

REGISTRATION DATES

Please check with the Office of Distance Learning for registration dates.
Rafael Molina rvmolina@llu.edu; phone: 909-558-7763

LEARNING OBJECTIVES

At the end of this course students will be able to:

- Define the different types of vegetarian diets.
- Discuss the latest research findings concerning the benefits of vegetarian eating and cancer, aging, cardiovascular disease risk, obesity, metabolic syndrome and diabetes.
- Explain the importance of nutrient balance and discuss nutrients in question in a vegetarian diet.

- Explain current issues on soy, nuts and other plant foods.
- Describe the environmental impact of meat and plant based diets.
- Discuss public health issues and implications of vegetarian diets.

ACADEMIC REQUIREMENTS

ONE UNIT

- Attend 6 of the Congress sessions and 1 plenary lecture;
- Read the summaries of the Congress presentations in the Congress program; and,
- Write a 1 page response to the topic of 2 sessions of your choice.

TWO UNITS

- Attend all the Congress sessions;
- Read the summaries of the Congress presentations in the Congress program; and,
- Write a paper (approximately 8 pages) summarizing and responding to 4 sessions (can include poster sessions and plenary lectures) of your choice.

THREE UNITS

- Same as for 2 units; and,
- Prepare a scholarly written paper (about 12 pages) on one topic of interest. The topic of the paper is to be chosen in consultation with the course coordinator and should encompass public health and/or clinical aspects of vegetarian dietary practices.

ATTENDANCE

Attendance records will be collected at the Congress venue.

PAPER SUBMISSION

Response essays and long papers will be due March 22, 2013. Please submit through Canvas.

ACCOMMODATION FOR DISABILITY

“If you are an individual with a disability and need reasonable accommodation to fully participate in this course, please obtain and complete a *Student Information and Requested Accommodation* form. The request must be submitted one week before the beginning of the class and include documentation of the disability. Return the form to the Associate Dean for Academic Affairs, School of Public Health in Nichol Hall, Room 1709.”

ACADEMIC INTEGRITY

“Assignments, including group projects, must represent the original work of each student. Use of other’s work (e.g., former students, non-enrolled students, paper mills, or published, internet, or other “borrowed” materials) is considered plagiarism. Plagiarism, including cheating on the examination, may result in a failing grade for the course or other outcomes since this behavior represents failure to meet the academic standards of the University.”