

## 2017-9-NFS301 Nutrition Literacy: Sorting Science From Snake Oil

**Course Description:** The course will help students learn to recognize the strengths and limitations of various nutrition research methods, find reliable nutrition information on the Internet and develop systematic thinking skills to critically evaluating the quality of nutrition information in both the scientific literature and popular media. *Prerequisite:* NFS284H1

### Learning Objectives:

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

- recognize the strengths and limitations of various nutrition research methods
- find reliable nutrition information on the Internet
- critically evaluate the quality of nutrition information in both the scientific literature and popular media

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Office Hours: Fri 1-5 pm Sept 8-Dec 8, 2017 inclusive, except Sept 22 (office hours cancelled). If you cannot make Friday hours, please e-mail for an appointment at another time.

### Course time, location, website:

Lecture: Friday 9-12 MS2170

Course website: available on your Portal page in Blackboard

**Textbook:** There is no required textbook for this course.

### Course Schedule:

Week	Date	Topic	Before next class
1	Sept 8	Review of Syllabus; Nutrition Research; PICOS; Practice Group Work (not for credit)	<b>Optional minute essay</b> about Sept 8-due online <b>Sept 11 at 9 AM</b>
2	Sept 15	Introduction to Observational Studies Quality Appraisal Tool for Observational Studies Practice Group Work (not for credit) Discussion of Comparison Assignment	<b>Optional minute essay</b> about Sept 15-due online <b>Sept 18 at 9 AM</b> Complete <b>pre-class quiz</b> for <i>Mendonca et al 2016</i> : due online <b>Sept 22 at 9 AM</b>
3	Sept 22	<b>No Class:</b> Complete pre-class quiz by 9 AM	Complete <b>pre-class quiz</b> for <i>Bleckenhorst et al 2017</i> : due online <b>Sept 29 at 9 AM</b>
4	Sept 29	Observational Studies: Discussion of <i>Mendonca et al 2016</i> & <i>Bleckenhorst et al 2017</i> <b>Group Work 1</b>	<b>Minute essay</b> about Sept 29- due online <b>Oct 2 at 9 AM</b>
5	Oct 6	Introduction to systematic reviews; Appraisal tool for systematic reviews of observational studies	<b>Minute essay</b> about Oct 6 due online <b>Oct 10 at 9 AM</b>

		<b>Group Work 2</b> Discussion of PubMed Assignment	Complete <b>pre-class quiz</b> <i>Afshin et al 2014</i> : due online <b>Oct 13 at 9 AM</b>
6	Oct 13	Systematic Review of Observational Studies: Discussion of <i>Afshin et al 2014</i> <b>Group Work 3</b> <b>Comparison Assignment Due</b>	<b>Minute essay</b> about Oct 13 due online <b>Oct 16 at 9 AM</b>
7	Oct 20	Introduction to RCT's: Appraisal Tool for RCTs Discussion of Media Article Assignment <b>Group Work 4</b>	<b>Minute essay</b> about Oct 20 due online <b>Oct 23 at 9 AM</b> Complete <b>pre-class quiz</b> for <i>Jenkins et al 2011</i> due online <b>Oct 27 at 9 AM</b>
8	Oct 27	Randomized Controlled Trial: Discussion of <i>Jenkins et al 2011</i> <b>Group Work 5</b> <b>PubMed Assignment Due</b>	<b>Minute essay</b> about Oct 27 due online <b>Oct 30 at 9 AM</b> Complete <b>pre-class quiz</b> for <i>Cozma et al 2012</i> due online <b>Nov 3 at 9 AM</b>
9	Nov 3 Nov 6-last day to drop	Paper 7: Systematic Review of RCTs: Discussion of <i>Cozma et al 2012</i> Discussion of Searching Google for Health-related websites <b>Group Work 6</b>	<b>Minute essay</b> about Nov 3 due online <b>Nov 13 at 9 AM</b> Complete <b>pre-class quiz</b> due for <i>Brassard et al 2017</i> online <b>Nov 17 at 9 AM</b>
10	Nov 10	NO CLASS – NOVEMBER BREAK	
11	Nov 17	Randomized Controlled Trial: Discussion of <i>Brassard et al 2017</i> Nutrition on the Web <b>Group Work 7</b> <b>Media Article Due</b>	<b>Minute essay</b> about Nov 17 due online <b>Nov 20 at 9 AM</b>
12	Nov 24	<b>TERM TEST – Open Book</b>	
13	Dec 1	Nutrition on the Web <b>Group Work 8</b>	

## Assessments

Assignment	Due Date	Weight
Group Work	Sept 29, Oct 6,13,20,27, Nov 3, 17, Dec 1	8 X 1 = 8
Minute Essays	Oct 2, Oct 10, Oct 16, Oct 23, Oct 30, Nov 13, Nov 20	7 X 1 = 7
Pre-class Quizzes	Sept 22, Sept 29, Oct 13, Oct 27, Nov 3, Nov 17	6 X 2 =12
Comparison Assignment	Oct 13	26
Searching PubMed	Oct 27	6
Media Article	Nov 17	18
Term Test –Open Book	Nov 24	23
<b>TOTAL</b>		<b>100</b>

## Reading List:

Pre-class quiz due online at 9 AM	Journal article
Sept 22	Mendonça RD, Pimenta AM, Gea A, de la Fuente-Arrillaga C, Martinez-Gonzalez MA, Lopes AC, Bes-Rastrollo M. 2016. <b>Ultraprocesed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study.</b> Am J Clin Nutr. 104(5):1433-1440. <a href="https://simplelink.library.utoronto.ca/getUrl/534128">https://simplelink.library.utoronto.ca/getUrl/534128</a>
Sept 29	Blekkenhorst LC, Bondonno CP, Lewis JR, Devine A, Woodman RJ, Croft KD, Lim WH, Wong G, Beilin LJ, Prince RL, Hodgson JM. 2017. <b>Association of dietary nitrate with atherosclerotic vascular disease mortality: a prospective cohort study of older adult women.</b> Am J Clin Nutr: 106(1):207-216. doi: 10.3945/ajcn.116.146761. <a href="https://simplelink.library.utoronto.ca/getUrl/534132">https://simplelink.library.utoronto.ca/getUrl/534132</a>
Oct 13	Afshin A, Micha R, Khatibzadeh S, Mozaffarian D. 2014. <b>Consumption of nuts and legumes and risk of incident ischemic heart disease, stroke, and diabetes: a systematic review and meta-analysis.</b> Am J Clin Nutr.: 100(1):278-88. doi: 10.3945/ajcn.113.076901. <a href="https://simplelink.library.utoronto.ca/getUrl/534144">https://simplelink.library.utoronto.ca/getUrl/534144</a>
Oct 27	Jenkins DJ, Jones PJ, Lamarche B, Kendall CW, Faulkner D, Cermakova L, Giguere I, Ramprasath V, de Souza R, Ireland C, Patel D, Srichaikul K, Abdulnour S, Bashyam B, Collier C, Hoshizaki S, Josse RG, Leiter LA, Connelly PW, Frohlich J. 2011. <b>Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial.</b> JAMA. 306(8):831-9. doi:10.1001/jama.2011.1202. <a href="http://simplelink.library.utoronto.ca/url.cfm/443659">http://simplelink.library.utoronto.ca/url.cfm/443659</a>
Nov 3	Cozma AI, Sievenpiper JL, de Souza RJ, Chiavaroli L, Ha V, Wang DD, Mirrahimi A, Yu ME, Carleton AJ, Di Buono M, Jenkins AL, Leiter LA, Wolever TM, Beyene J, Kendall CW, Jenkins DJ. 2012. <b>Effect of fructose on glycemic control in diabetes: a systematic review and meta-analysis of controlled feeding trials.</b> Diabetes Care. 35(7):1611-20. <a href="http://care.diabetesjournals.org.myaccess.library.utoronto.ca/content/35/7/1611.long">http://care.diabetesjournals.org.myaccess.library.utoronto.ca/content/35/7/1611.long</a> Supplementary figures: <a href="http://care.diabetesjournals.org.myaccess.library.utoronto.ca/content/35/7/1611.supplemental">http://care.diabetesjournals.org.myaccess.library.utoronto.ca/content/35/7/1611.supplemental</a>
Nov 17	Brassard D, Tessier-Grenier M, Allaire J, Rajendiran E, She Y, Ramprasath V, Giguere I, Talbot D, Levy E, Tremblay A, Jones PJ, Couture P, Lamarche B. 2017. <b>Comparison of the impact of SFAs from cheese and butter on cardiometabolic risk factors: a randomized controlled trial.</b> Am J Clin Nutr: 105(4):800-809. doi: 10.3945/ajcn.116.150300. <a href="https://simplelink.library.utoronto.ca/getUrl/534150">https://simplelink.library.utoronto.ca/getUrl/534150</a>

Additional reading materials may also be included with the weekly lecture slides, but, compared to scholarly articles, these items will be shorter and more straightforward reading.

## Important Course Policies:

### Late submission of assignments:

**NO ASSIGNMENT WILL BE ACCEPTED after the due date and time for online submission** except for compelling reasons such as illness, personal distress, or family emergency. Please contact Dr G by e-mail (debbie.gurfinkel@utoronto.ca) to request an extension, prior to the due date, if at all possible. You will be asked to provide a reason for the request. This can be a written explanation from you or a medical certificate <http://www.illnessverification.utoronto.ca/index.php> Verbal explanations can also be provided (Dr. G's phone: 416-978-3621). All discussions are treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar.

**Please note** that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you feel you have a compelling reason that cannot be easily documented or are uncertain if your reasons are compelling, you should ideally discuss this with Dr G before the assignment due date. If this is not possible then **FIRST** hand-in as much of the assignment as you possibly can on the due date and **THEN** contact Dr G to discuss your situation. All discussions are kept confidential.

**Policy for missed term tests:** Except for compelling reasons such as those described in the policy regarding late assignments, all students will be given a grade of ZERO if they miss a term test. When compelling reasons are provided, a test alternative will be arranged. Contact Dr Gurfinkel as soon as possible after a missed test.

**Assignment re-reads:** If you have concerns about your grading, a re-read can be requested. Instructions are given in the respective assignment handouts.

### Turnitin

*"Normally students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site."*

A link to Turnitin, for submission of assignments, will be available in Blackboard.

If you have problems that prevent you from submitting to Turnitin, please contact Dr Gurfinkel to discuss alternatives. All students are expected to either submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in **a grade of ZERO for the assignment**. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr Gurfinkel for a short **oral test** during which you will be asked questions about the writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

### Lecture material, audio recordings, and intellectual property

Lecture presentations and course materials are the intellectual property of the instructor. All students

enrolled in NFS301 are permitted to use the material for personal study. You may also make audio recordings of the lecture for personal use. Note that if you bring a recording device to the front of the classroom, you do so at your own risk. These devices do get lost or stolen.

### **Academic Integrity**

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm> Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

### **Help with Academic Skills:**

**Academic Success Centre:** The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at:

<http://www.asc.utoronto.ca/>

**English Language Learning:** Provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at:

<http://www.artsci.utoronto.ca/current/advising/ell>

**Writing Centres:** Writing Centres provide assistance with writing assignments for all students. Check out available services at: <http://www.writing.utoronto.ca/writing-centres>

### **Accessibility Needs:**

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://www.accessibility.utoronto.ca/>