

## 2022-9-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 evaluate 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

### Instructor:

John Sievenpiper

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**Office:** MS 5334A, Medical Sciences Building, 1 King's College Circle

**Office Hours:** Fri 1-3 pm Sep 9-Dec 3, 2022 inclusive. Exceptions should they arise will be posted on Quercus. Please post questions on the Discussion board on Quercus. Only email Dr. Sievenpiper for personal reasons.

### Course time, location, website, and notifications:

**Lectures:** [PBB250](#), Pharmacy Building, 144 College Street

Students meet **in-person** on **Fridays: 9:10 AM to noon** for lecture. Audio recordings will be posted on Quercus after lectures.

**Course website:** available on Quercus

Currently there is no mandate to provide proof of vaccination or complete daily health screenings before attending University premises. If you are feeling unwell or experiencing any COVID-19 symptoms, you should stay home and self-isolate. The [provincial self-assessment tool](#) can help provide guidance and information for those that may have been exposed and/or have symptoms.

While the current pause in our mandatory mask requirement continues, **the use of a medical mask in high-density indoor spaces when physical distancing is not possible is strongly encouraged during periods when cases are rising in Ontario.** The University is a mask-friendly environment, and we ask everyone to respect each other's decisions, comfort levels, and health needs. The University will continue to monitor public health conditions and may adjust their response as needed, and we will update you on any changes.

For updates on how the university is responding to the pandemic, check [UTogether](#).

**Notifications:** Announcements are posted on the course website and it is the student's responsibility to read these regularly and to regularly check the course website for new content, upcoming due dates,

and the release of grades. It is strongly recommended that students **leave their Quercus notifications on**, to be automatically advised of important course information.

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

### Course Schedule:

Week	Date	Topic	Before next class
1	Sept 9	Review of Syllabus; Nutrition Research: PICOS & Quality Appraisal Tools Introduction to Observational studies; Nutrition in the Media: How things go wrong	Complete <b>pre-class quiz</b> for <i>Cespedes et al 2016</i> : due online <b>Sept 15 at 9 AM</b> . See Reading List Below for link to paper
2	Sept 16	Observational Study 1: <i>Cespedes et al 2016</i> Confounding, Effect Modification, Mediation Quality Appraisal Tool for Observational Studies <i>Discussion of Concept Quiz</i>	Complete <b>pre-class quiz</b> for <i>Sim et al 2018</i> : due online <b>Sept 22 at 9 AM</b> See Reading List Below for link to paper
3	Sept 23	Observational Studies 2: <i>Sim et al 2018</i> Nutrition in the Media: Fact Checking Nutrition in the Media: Headlines and Clickbait <b>Guest Speaker: Meaghan Kavanagh, MSc, PhD(c)</b>	
4	Sep 30	Systematic Review of Observational Studies Quality Appraisal Tool for Systematic Reviews How to search PubMed <b>Concept Quiz Due</b> <b>Concept Quiz will be available from Sep 16 at 1 pm until Sep 30, 9am. No time limit, but one attempt only.</b>	Complete <b>pre-class quiz</b> for <i>Mirrahimi et al 2012</i> : due online <b>Oct 6 at 9 AM</b> See Reading List Below for link to paper
5	Oct 7	Systematic Review of Observational Studies: <i>Mirrahimi et al 2012</i> Nutrition in the Media: How Nutrition Studies are reported; Evaluating Health-related Websites Quality appraisal tool for health-related websites Quality appraisal tool for popular media articles <i>Discussion of Media Article Assignment</i>	
6	Oct 14	Introduction to RCTs: <b>Guest speaker: Dr. Laura Chiavaroli, MSc, PhD</b>	
7	Oct 21	<b>TERM TEST 1</b> -Open book- Room EX200: On course content from Sept 9 to Oct 7 inclusive	Complete <b>pre-class quiz</b> for <i>Jenkins et al 2011</i> : due online <b>Oct 27 at 9 AM</b> See Reading List Below for link to paper
8	Oct 28	Randomized Controlled Trial: Discussion of <i>Jenkins et al 2011</i> Nutrition in the Media: University Press Releases <b>Guest speaker: Dr. Laura Chiavaroli, MSc, PhD</b>	Complete <b>pre-class quiz</b> for <i>Li et al 2012</i> : due online <b>Nov 3 at 9 AM</b> See Reading List Below for link to paper

9	Nov 4	Paper 7: Systematic Review of RCTs: Discussion of <i>Li et al 2012</i> When scientists get it wrong: PREDIMED retraction <b>Media Article Due</b> <b>Guest speaker: Dr. Laura Chiavaroli, MSc, PhD</b>	
10	Nov 11  <b>Nov 16-</b> last day to drop	NO CLASS – NOVEMBER BREAK	
11	Nov 18	<b>TERM TEST 2</b> – Open Book – Room EX100: On course content from Oct 14, Oct 28, Nov 4	
12	Nov 25	Canada’s Food Guide 2019 <b>Guest Speaker: Jo-Anna Baxter, RD, PhD (c)</b>	
13	Dec 2	Non-Nutritive Sweeteners: Observational Studies vs RCTs	

### Grading:

Assignment	Due Date	Weight
Pre-class Quizzes	Sept 15, 22, Oct 6, 27, Nov 3 <b>NOTE: QUIZZES ARE DUE Online at 9 AM THURSDAY BEFORE CLASS</b>	15 = (5 X 3%)
Concept Quiz	Sep 30 online at 9 AM	15
Term Test 1- Open book-short answer	Oct 21	25
Media Article	Nov 4 online at 9 AM	20
Term Test 2-Open book-short answer	Nov 18	25
<b>TOTAL</b>		<b>100</b>

### Reading List:

Pre-class quiz due online at 9 AM	Journal article
Thurs, Sept 15	Cespedes EM, Hu FB, Tinker L, Rosner B, Redline S, Garcia L, Hingle M, Van Horn L, Howard BV, Levitan EB, Li W, Manson JE, Phillips LS, Rhee JJ, Waring ME, Neuhouser ML. 2016. <b>Multiple Healthful Dietary Patterns and Type 2 Diabetes in the Women's Health Initiative.</b> Am J Epidemiol. 183(7):622-33. <a href="https://journals-scholarsportal-info.myaccess.library.utoronto.ca/pdf/00029262/v183i0007/622_mhdpatditwhi.xml">https://journals-scholarsportal-info.myaccess.library.utoronto.ca/pdf/00029262/v183i0007/622_mhdpatditwhi.xml</a>

Thurs, Sept 22	<p>Sim M, Blekkenhorst LC, Lewis JR, et al. 2018. <b>Vegetable and fruit intake and injurious falls risk in older women: a prospective cohort study.</b> <i>Br J Nutr.</i> 120(8):925-934. <a href="https://journals-scholarsportal-info.myaccess.library.utoronto.ca/pdf/00071145/v120i0008/925_vafiaiowapcs.xml">https://journals-scholarsportal-info.myaccess.library.utoronto.ca/pdf/00071145/v120i0008/925_vafiaiowapcs.xml</a></p> <p>Supplementary files (if this link does not open directly to supplementary files, check for files tab upper left of screen): <a href="https://www-cambridge-org.myaccess.library.utoronto.ca/core/journals/british-journal-of-nutrition/article/vegetable-and-fruit-intake-and-injurious-falls-risk-in-older-women-a-prospective-cohort-study/C935AD3C8549D3DF4A6DE1DCC5A7646A#fndtn-supplementary-materials">https://www-cambridge-org.myaccess.library.utoronto.ca/core/journals/british-journal-of-nutrition/article/vegetable-and-fruit-intake-and-injurious-falls-risk-in-older-women-a-prospective-cohort-study/C935AD3C8549D3DF4A6DE1DCC5A7646A#fndtn-supplementary-materials</a></p>
Thurs, Oct 6	<p>Mirrahimi A, de Souza RJ, Chiavaroli L, Sievenpiper JL, Beyene J, Hanley AJ, Augustin LS, Kendall CW, Jenkins DJ. 2012. <b>Associations of glycemic index and load with coronary heart disease events: a systematic review and meta-analysis of prospective cohorts.</b> <i>J Am Heart Assoc.</i> 1(5):e000752. <a href="https://www.ahajournals.org/doi/pdf/10.1161/JAHA.112.000752">https://www.ahajournals.org/doi/pdf/10.1161/JAHA.112.000752</a></p>
Thurs, Oct 27	<p>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, Abdunour 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> <i>JAMA.</i> 306(8):831-9. doi:10.1001/jama.2011.1202. <a href="https://jamanetwork-com.myaccess.library.utoronto.ca/journals/jama/fullarticle/1104262">https://jamanetwork-com.myaccess.library.utoronto.ca/journals/jama/fullarticle/1104262</a></p>
Thurs, Nov 3	<p>Li SS, Blanco Mejia S, Lytvyn L, Stewart SE, Vigiouk E, Ha V, de Souza RJ, Leiter LA, Kendall CWC, Jenkins DJA, Sievenpiper JL. 2017. <b>Effect of Plant Protein on Blood Lipids: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.</b> <i>J Am Heart Assoc.</i> 6(12). pii: e006659. doi:10.1161/JAHA.117.006659. <a href="https://doi-org.myaccess.library.utoronto.ca/10.1161/JAHA.117.006659">https://doi-org.myaccess.library.utoronto.ca/10.1161/JAHA.117.006659</a></p>

## Important Course Policies:

### Assignment Submissions:

The assignment in this course **require both an online submission AND a hard copy**. The hard copy is being requested so that TAs can read your assignments from paper – which is much easier than reading from a screen. All feedback to students, however, will be provided online, so the hard copy is not returned to students; instead it is shredded shortly after final marks are submitted. **Students should download their marked assignments and associated feedback, from Quercus, for their personal files, so they have a complete record of their assignment and its grading.**

**POLICY UPDATE:** Please see the last page of the syllabus which reflects how students should declare absences on ACORN. Such a declaration will be considered a compelling reason for assignment extensions and for adjustments for missed tests, as described below.

### **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, family emergency or other unforeseen circumstance. Please contact Dr S by e-mail ([john.sievenpiper@utoronto.ca](mailto:john.sievenpiper@utoronto.ca)) to request an extension, prior to the due date, if possible. A very brief explanation of why you are requesting an extension is required. This can be a written explanation from you or completion of the [Absence Declaration tool](#). Verbal explanations can also be provided. Please e-mail Dr. S to set up an appointment. All information is treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, are advised to discuss their situation with their college registrar and consider contacting Accessibility Services (See item below for more info on Accessibility Services).

**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. Extensions, for such reasons, are granted only in rare situations. 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. S 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. S to discuss your situation. All discussions are kept confidential.

**Accessibility Services:** If you are registered with Accessibility Services, extensions are provided in accordance with the terms of your letter of accommodation.

**Assignment re-reads:** If you have concerns about your grading, a re-read can be requested. Instructions on how to submit re-read requests will be provided during the term; check Quercus.

### **Ouriginal:**

*“Normally, students will be required to submit their course essays to the University’s plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool’s reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University’s use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).”*

All students are expected to either submit to Ouriginal, which is voluntary, or provide an alternative. On Quercus, online submissions, including assignments, will automatically be submitted to Ouriginal, but you will have to accept to the Ouriginal service agreement. If you have issues with Ouriginal, please contact Dr. S to arrange an alternate submission. Briefly, for those who do not submit to Ouriginal, as an alternative you will be expected to meet with Dr. S 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.

Dr. Sievenpiper reviews the Original submissions and will e-mail students if there are any concerns about their writing. Often this is no more than a discussion of how to properly paraphrase and/or cite references, but the deduction of marks may also result. Failure to respond to such an e-mail **will** result in the deduction of assignment marks. If a serious case of plagiarism is suspected, the student's assignment will be forwarded to the Office of Academic Integrity for review and possible sanction.

### **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 make-up test will be arranged. **Contact Dr. Sievenpiper as soon as possible, but NO LATER than 1 week after the missed test**, so that a make-up test can be arranged in a timely fashion.

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

Lecture presentations and course materials are the intellectual property of the instructors. All students enrolled in NFS301 are permitted to use the material for personal study. The distribution, transmission, reproduction or re-posting of the NFS301 course materials, in whole or part, is NOT permitted without the consent of the instructor.

### **Academic Integrity:**

Students are expected to conduct themselves with academic integrity. Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations: <http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>. For more information, also see <http://www.artsci.utoronto.ca/osai> and <http://academicintegrity.utoronto.ca>.

### **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:

<https://studentlife.utoronto.ca/department/academic-success/>

**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:**

Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) at the beginning of the academic year by visiting <http://www.studentlife.utoronto.ca/as/new-registration>. Without registration, you will not be able to verify your situation with your instructors, and instructors

will not be advised about your accommodation needs. AS will assess your situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your needs or condition with any instructor, and your instructors will not reveal that you are registered with AS.

### **Policy for Verification of Illness (VOI) and Other Documented Absences for 2022-23:**

Similar to last year, the University has once again announced that students will not require a [Verification of Illness \(VOI\)](#) form.

### **Absence Declaration:**

Students who are absent from class for any reason (e.g., COVID, other illness or injury, family situation) and who require consideration for missed academic work should report their absence through the online absence declaration (see screenshots below\*). The declaration is available on [ACORN](#) under the [Profile and Settings menu](#). Please review the [ACORN how-to](#) for a step-by-step guide on how to submit an Absence Declaration. If for any reason you are unable to submit your declaration, reach out to your [College Registrar's Office](#) to ask for their advice and help. **\*\*Students should also advise their instructor of their absence.**

### **Resources & supports:**

If you or someone you know is in distress and there is an immediate risk, call 911.

The following includes supports available to students on all three campuses:

- [U of T St. George \(Downtown Toronto\)](#)
- [U of T Scarborough](#)
- [U of T Mississauga](#)

Additionally, students have access to [U of T My Student Support Program](#) (My SSP) | 1-844-451-9700 24/7. Outside of North America, call 001-416-380-6578.

Culturally-competent mental health and counseling services in 146 languages for all U of T students.

Further supports for students may be found on the [Mental Health Portal](#).

\*For reference, when students log into the Absence Declaration in [ACORN](#), the top of the screen displays:



After clicking on the [Absence Declaration tool](#) above, the following is displayed:

## Absence Declaration

### Declare New Absences

- i** You should use this system to formally declare an absence from academic participation in the University if you require consideration for missed academic work based on the procedures specific to your faculty or campus. Please note:
- In addition to this declaration, you are responsible for contacting your instructors to request the accommodations you are seeking.
  - You are also responsible for familiarizing yourself with the procedures specific to your faculty or campus.

### Date of Absence

You can record absences for up to 14 consecutive days, one of which must be today (if you are still absent) or yesterday (if you have returned). If you need to record an absence outside of this range, please contact your registrar's office.

1	<input type="text" value="yyyy-mm-dd"/>	8	<input type="text" value="yyyy-mm-dd"/>
2	<input type="text" value="yyyy-mm-dd"/>	9	<input type="text" value="yyyy-mm-dd"/>
3	<input type="text" value="yyyy-mm-dd"/>	10	<input type="text" value="yyyy-mm-dd"/>
4	<input type="text" value="yyyy-mm-dd"/>	11	<input type="text" value="yyyy-mm-dd"/>
5	<input type="text" value="yyyy-mm-dd"/>	12	<input type="text" value="yyyy-mm-dd"/>
6	<input type="text" value="yyyy-mm-dd"/>	13	<input type="text" value="yyyy-mm-dd"/>
7	<input type="text" value="yyyy-mm-dd"/>	14	<input type="text" value="yyyy-mm-dd"/>

### Consent to Release COVID-19 Medical Information

The University requires information about students who are asked to self-isolate for monitoring purposes. Please complete this consent form to allow us to access this information [L2](#).

### Declarations

I hereby declare that it has been necessary for me to be absent from the University for the period identified above.

By making this declaration I am affirming these statements to be true and that I understand that my declaration is submitted for the purpose of receiving academic accommodation. I also understand and acknowledge that it is my responsibility to complete the requirements of the course and to confirm any necessary academic accommodation arrangements upon my return as directed by my instructor and the policies of my Campus or Faculty.

I understand and acknowledge that making a false declaration would constitute academic misconduct and could be subject to sanctions under the Code of Behaviour on Academic Matters [L2](#).

I have completed the Consent to Release COVID-19 Medical Information, if applicable, and I understand the above declarations.