



Plant Based Diets in prevention and clinical practice

Diety roślinne w profilaktyce i praktyce klinicznej

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health, Medical University of Warsaw Medical Simulation Center, Banacha Campus 3A Pawińskiego St. room: A318, 02-106 Warsaw phone: 22 116 63 35 e-mail: msizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Person responsible for syllabus	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Teachers	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	III-IV year, summer, and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.20
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.80

3. COURSE OBJECTIVES

O1	Presentation of the division of plant diets. Familiarise oneself with individual types of plant diets: flexitarianism, semitarianism, lacto-ovo-vegetarianism, lacto-vegetarianism, ovo-vegetarianism, veganism, raw-foodism, fruitarianism. Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.
O2	Familiarise oneself with the report of The EAT-Lancet Commission on Food, Planet, Health and the nutrition model recommended in the report. To learn about the benefits of changing eating habits for the health of the population and for the planet. Understanding the relationship between the impact of food production and climate change.
O3	Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

E.W1	the environmental and epidemiological conditions of the most common diseases;
C.W50	the consequences of improper nutrition, including prolonged starvation, excessive eating and the use of an unbalanced diet, and disorders of digestion and absorption of digestive products;
D.W14	rules of promotion of health, its objectives and main directions of operation, with a special focus on the awareness of healthy lifestyle;

D.W23	foundations of evidence based medicine.
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Skills– Graduate* is able to:

D.U1	include patient's subjective needs and expectations resulting from the socio-cultural background in the entire therapeutic process;
D.U7	involve a patient in the treatment process;
D.U9	advise on the observance of therapeutic guidelines and healthy lifestyle;
D.U17	critically analyses medical literature, including in English, and draws conclusions based on the available literature;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
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Skills– Graduate is able to:

S1	
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Social Competencies – Graduate is ready for:

SC1	
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6. CLASSES

Form of class	Class contents	Effects of Learning
S-el1	From flexitarianism to fruitarianism. Plant diets - types and characteristics.	E.W1; C.W50; D.W14; D.W23
S-el2	Planetary Diet and The EAT-Lancet Commission on Food, Planet, Health report. How to change eating habits - benefit for the population and the planet. The impact of food production on climate change.	E.W1; C.W50; D.W14; D.W23
S-el3	Deficiencies on plant based diets - when does supplementation become a necessity?	E.W1; C.W50; D.W14; D.W23
S-el4	Obesity and plant based diets. The use of plant diets in the aspect of weight reduction.	E.W1; C.W50; D.W14; D.W23
S-el5	Plant based diets diet and gastrointestinal microbiota. The use of plant diets in diseases of the gastrointestinal tract.	E.W1; C.W50; D.W14; D.W23
S-el6	The usefulness of plant based diets in selected skin diseases.	E.W1; C.W50; D.W14; D.W23
S-el7	The usefulness of plant based diets in cardiovascular diseases	E.W1; C.W50; D.W14; D.W23
S-el8	The usefulness of plant based diets in selected endocrine diseases.	E.W1; C.W50; D.W14; D.W23
S-el9	Theory vs practice - Plant-based diets - advantages and disadvantages.	D.U1; D.U7; D.U9; D.U17

	(exercises, practical classes)	
S-el10	Theory vs practice - The vegetarian food market. Plant-based alternatives to animal products - for and against. (exercises, practical classes)	D.U1; D.U7; D.U9; D.U17

7. LITERATURE

Obligatory

1. Willett W, Rockström J, Loken B. i wsp. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. The Lancet. 2019; 393(10170):447-492.
2. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. Journal of the Academy of Nutrition and Dietetics. 2016; 116(12):1970-1980.
3. Gehring J, Touvier M, Baudry J. i wsp. Consumption of ultra-processed foods by pesco-vegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. The Journal of nutrition. 2021; 151(1):120-131.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
E.W1, C.W50,D.W14,D.W23,	Active participation in e-learning. Test	Certificate
D.U1; D.U7; D.U9; D.U17	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

9. ADDITIONAL INFORMATION

(Optional course – full on e-learning platform.

Access to e-learning will be available from 20th of October 2025 to 7th January 2026 and 2nd March to 29th of May 2026;

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers