



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 |

| 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

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|----|---|
| 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> |
|--|--|
|--|--|

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: |
|------------------------------|---------------------------|
|------------------------------|---------------------------|

Knowledge – Graduate knows and understands:

| | |
|----|--|
| K1 | |
|----|--|

Skills– Graduate is able to:

| | |
|----|--|
| S1 | |
|----|--|

Social Competencies – Graduate is ready for:

| | |
|-----|--|
| SC1 | |
|-----|--|

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 | Plan 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 |

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| | (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