

## Module 3 Guide: Nutrition in Chronic Disease: Prevention, Treatment, & Remission

### LMMSC Module 3 Prescribed Application Activity Guide

You are required to complete **10 hours** of prescribed application activities for **LMMSC Module 3, Nutrition in Chronic Disease: Prevention, Treatment, and Remission**. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

#### /COLLABORATIVE/

#### Discussion of Virtual Module 3 Content (Credit = up to 1 hour for every 2–4 units covered)

*Collaborative*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

#### Module 3 Journal Club (Credit = up to 1.5 hours per journal article)

*Collaborative*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Faculty or learners may lead a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (so long as they are topically relevant). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.



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- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

### Nutrition Prescription (Credit = up to 1 hour)

Collaborative

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Work together with a colleague. Discuss areas in your respective diets where you feel a nutrient requirement is not being met or where you have a medical condition or symptoms that may be addressed through dietary optimization.
  - Write a micronutrient-specific nutrition prescription (including food type, amount, and frequency) for your peer:
    - For example, if you recommend increased vitamin K consumption following a gastrointestinal bleed, your nutrition prescription might resemble:
      - *Consume ½ cup of steamed spinach daily for 3 weeks.*
    - Create a reference list/table that provides examples of foods that are rich in specific micronutrients (such as omega-3 fatty acids, vitamin B12, iron, folate, etc.).
  - Write a disease-specific nutrition prescription (including food type, amount, and frequency) for your peer:
    - For example, if you recommend consuming antioxidant-rich foods for someone with chronic inflammation, your nutrition prescription might resemble:
      - *Consume 1 cup of blueberries with breakfast every morning for one month.*
    - Create a reference list/table of general food categories that can address three common chronic diseases of your choice (such as diabetes, heart disease, chronic kidney disease, etc.).
- Submission: Attest to participation (including date and actual time spent) and submit your completed nutrition prescriptions (minimum of four) and your two reference lists/tables.



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### / COLLABORATIVE OR INDEPENDENT /

#### ***Forks Over Knives* Documentary (Credit = 1.5 hours)**

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Watch the documentary [Forks Over Knives](#) (1:36:00).
- Submission: Upload a reflection (~1 paragraph) in response to the documentary.

#### ***PlantWise* Documentary (Credit = 1 hour)**

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Watch the documentary [PlantWise](#) (47:55).
- Submission: Upload a reflection (~1 paragraph) in response to the documentary.

#### ***The Game Changers* Documentary (Credit = 1.5 hours)**

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Watch the documentary [The Game Changers](#) (1:25:00).
- Submission: Upload a reflection (~1 paragraph) in response to the documentary.

#### **ACLM Benefits of Plant-Based Nutrition White Paper (Credit = up to 1 hour)**

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Download ACLM's "[Benefits of Plant-based Nutrition White Paper](#)" and select two articles to review:
  - "Diet Quality"
  - "Obesity"
  - "Type 2 Diabetes"
  - "Cardiovascular Disease"
  - "Chronic Kidney Disease"
  - "Enteral Nutrition"
  - "Reproductive Cancers"
  - "Autoimmune Disease"
  - "Longevity and Quality of Life"



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*\*Consider dividing the content among fellow LMMSC learners and prepare “mini presentations” to share during a review session, which will additionally satisfy the “Discussion of Virtual Module 3 Content” application activity.*

- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight per article.

### Exploring NutritionFacts.org (Credit = 1 hour)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Explore a nutrition-related topic of interest from Dr. Michael Greger’s [NutritionFacts.org](https://nutritionfacts.org) video library.

*\*Consider dividing the content among fellow LMMSC learners and prepare “mini presentations” to share during a review session, which will additionally satisfy the “Discussion of Virtual Module 3 Content” application activity.*

- Submission: Report at least three videos that you found noteworthy and describe how you can use the information presented when counseling patients in a clinical setting (~1 paragraph).

### Popular Diet Comparison (Credit = up to 2 hours)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Select at least three common diets/dietary patterns (such as ketogenic, Mediterranean, Paleo/Whole 30, DASH, etc.) and compare these to a whole food plant-based dietary pattern:
  - Identify potential similarities and differences between each diet/dietary pattern.
  - Identify potential risks and benefits of each diet/dietary pattern.

Create a visual teaching tool (such as a chart/table or infographic) that can be used to succinctly compare these diets/dietary patterns to patients. Consider reading Dr. David Katz’s [article](#) and/or watching Dr. Michael Greger’s [introductory video series](#) for additional context.

- Submission: Attest to participation (including date and actual time spent) and submit a copy of your teaching tool.



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### Whole Food Plant-Based Meal Preparation (Credit = 2 hours per meal, up to 6 hours total)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Prepare a whole food plant-based dish or meal to enjoy yourself or to share with family, friends, or colleagues. Explore the following websites for ideas/recipes:
  - [ACLM Food as Medicine Jumpstart](#)
  - [Dr. McDougall Health & Medical Center](#)
  - [Forks Over Knives](#)
  - [Loma Linda University Health Live It: In the Kitchen](#)
  - [Physician's Committee for Responsible Medicine: 21-Day Vegan Kickstart](#)
  - [Plant-Based on a Budget](#)
  - [T. Colin Campbell Center for Nutrition Studies](#)

If completing this activity more than once, consider experimenting with a different meal type (e.g., if you made a dinner dish the first time, try making a breakfast dish next).

- Submission: Attest to participation (including date and actual time spent) and submit at least one photo of your meal or dish for credit.

### Recipe Comparison Challenge (Credit = 1 hour)

*Collaborative or Independent*

M3U1, M3U2, M3U3

- Activity: Select a common omnivorous dish (such as chili, lasagna, stroganoff, cobb salad, etc.) and find a comparable plant-based recipe.
  - Using an online grocery site, build a shopping list for the plant-based version and a separate shopping list for the omnivore version. Calculate the cost per serving. How do they compare?
  - Using an online recipe nutrition calculator (such as [HappyForks](#), [Verywell Fit](#), [Whisk](#), [MyFitnessPal](#)), generate a nutrient analysis for each recipe and compare equivalent serving sizes. How does calorie content compare? What differences in macro- and micronutrient content between the two recipes can you identify?
- Submission: Upload a reflection (~1 paragraph) on your findings and include screenshots of the shopping cart webpages and nutrient analyses.



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### Nutrition Label Review (Credit = up to 1 hour)

*Collaborative or Independent*

M3U1, M3U2, M3U3

- Activity: Watch Memorial Health System's [Fresh Start video series](#) (10 videos, totaling 36:10) on nutrition label reading and complete the corresponding "Label Reading Exercise" (included under Learning Resources). Also consider reviewing the "Goals" and "Label Reading Guide" documents (included under Learning Resources).
- Submission: Attest to participation (including date and actual time spent) and submit a copy of your completed "Label Reading Exercise" document.

### Nutrition Advertising Claims (Credit = up to 1 hour)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- Activity: Visit a local grocery store or market and browse the aisles for nutrition claims on food packaging that you consider to be misleading or confusing to consumers. Consider the following:
  - What types of foods most commonly advertise health benefits?
  - How might these claims lead someone to make decisions about food consumption that could adversely affect their health?
  - Do you ever feel susceptible to nutrition marketing claims? How so?
  - How would you counsel patients to navigate marketing ploys when making food selections?
- Submission: Attest to participation (including date and actual time spent), submit a reflection (~1 paragraph) responding to the prompts above, and submit a photo of at least one package label that you find particularly misleading or confusing.

### Childhood Food Experiences (Credit = up to 1.5 hours)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- Activity: Create a list of foods or dishes that you consumed in childhood and identify themes that arise (e.g., were there home-cooked meals, frozen dinners, fast food, etc.?). Reflect upon and/or discuss the following:
  - What did your parents/guardians commonly provide for meals?



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- What did your parents/guardians teach you about food? Was food ever used as a reward or for comfort? Were there particular foods consumed during holidays or family gatherings?
- How do these experiences influence your food choices in adulthood?
- Describe a typical school lunch you may have eaten as a child. If you have children, how do their school lunches compare?
  - Pack a whole food plant-based “school” lunch for yourself (or your child/children).
- Submission: Attest to participation (including date and actual time spent) and submit a reflection (~1 paragraph) in response to the activity, along with a photo of your whole food plant-based lunch.

### Food Security and Eating Plant-Based on a Budget (Credit = up to 2 hours)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- Activity: Create a whole food plant-based meal plan on a budget for 3 days, aiming for less than \$10/person per day (identify size of household—individual, couple, or family). For context, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides an average of \$62 per person per month (~\$2.06/day, or ~\$0.68/meal) while the Supplemental Nutrition Assistance Program (SNAP) provides an average of \$121 per person per month (~\$4.03/day, or ~\$1.34/meal).
  - Consider checking prices at local discount stores (dollar stores, grocery outlets, etc.)
  - Consider batch-cooking grains and beans to use in multiple recipes
  - Consider reviewing recipes and other resources at [Plant-Based on a Budget](#)
- Submission: Attest to participation (including date and actual time spent) and submit a copy of your meal plan (with approximate cost of meal per person), along with a reflection (~1 paragraph) on the activity, with particular attention paid to how you might counsel and support patients who may be facing budgetary constraints.



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### Sourcing Local Produce (Credit = up to 1 hour)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- **Activity:** Research community supported agriculture (CSA) farms, vegetable box companies, and farmers markets in your area. Consider the following as you compare/contrast the available options:
  - How much food does one order (or box) supply? How does the cost for a similar quantity of produce compare to a local grocery chain?
  - Identify CSA or vegetable box pick-up locations. Are there pick-up locations within reasonable distance to your home or worksite? Can food be delivered directly to a residence? If not, are there accessible modes of public transportation to the pick-up location?

Create a list, handout, or electronic medical records (EMR) tool that can be used to refer patients to these resources.

- **Submission:** Attest to participation (including date and actual time spent) and submit a copy of your list/handout/EMR tool.

### Volunteer at a Food Pantry/Kitchen (Credit = up to 3 hours)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- **Activity:** Volunteer at a local food pantry or kitchen. Observe the types of food that are available in these settings. Consider how you might counsel patients and their families about navigating nutrition-related choices in these settings.
- **Submission:** Attest to participation (including date and actual time spent) and submit a reflection (~1 paragraph) in response to the activity.

### Dining Out Whole Food Plant-Based (Credit = up to 2 hours)

*Collaborative or Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- **Activity:** Dine out for a whole food plant-based meal at a local restaurant. Before you go, review these helpful guides, and consider previewing menu options (if available):
  - [Tips for Dining Out on a Plant-Based Diet](#)
  - [How to Order a Healthy Plant-Based Meal from Any Restaurant Menu](#)

Consider the following:

- How easy or difficult was it to find a whole food plant-based dish on the menu?



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- Did you make any special requests (such as holding certain ingredients)?
  - How did the waitstaff respond to your request(s)?
  - How did your dining companions (if present) respond to your meal selection or request(s)?
  - How might your experience affect how you counsel patients about dining out on a whole food plant-based diet?
- Submission: Attest to participation (including date and actual time spent) and submit a reflection (~1 paragraph) responding to the prompts above and submit a photo of your meal for credit.

### / INDEPENDENT /

#### Lifestyle Medicine Primer: Nutrition Overview (Credit = 0.5 hours per article, up to 1 hour total)

*Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Review the following articles from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
  - "Nutrition—An Evidence-Based, Practical Approach to Chronic Disease Prevention and Treatment"
  - "An Approach to Nutritional Counseling for Family Physicians: Focusing on Food Choice, Eating Structure, and Food Volume"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight per article.



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### Lifestyle Medicine Primer: Nutrition in Chronic Disease (Credit = 0.5 hours per article, up to 3 hours total)

*Independent*

M3U5, M3U6, M3U7, M3U8, M3U9

- Activity: Review the following articles from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
  - "Type 2 Diabetes Prevention and Management with a Low-Fat, Whole-Food, Plant-Based Diet"
  - "Cardiovascular Disease and Lifestyle Medicine"
  - "Primary Care Clinicians, Cancer Survivorship, and Lifestyle Medicine"
  - "Lifestyle Intervention and Alzheimer Disease"
  - "Lifestyle Medicine as Treatment for Autoimmune Disease"
  - "A Lifestyle Medicine Approach to Medication Deprescribing"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight per article.

### Registered Dietitian Shadowing or Rotation (Credit = up to 2.5 hours)

*Independent*

M3U1, M3U2, M3U3, M3U4, M3U5, M3U6, M3U7, M3U8, M3U9, M3U10

- Activity: Shadow or rotate with a registered dietitian who is preferably whole food plant-based (consider contacting a registered dietitian who is working with one of your patients). Investigate/discuss the following:
  - Ask about their educational background (school attended, degree obtained), specialty certification/fellowships completed, years of experience, and particular areas of interest.
  - Ask what would be helpful for all physicians to know or understand about registered dietitians.
  - Explore what types of patients or conditions may or may not require referral to a registered dietitian.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.



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### Nutrient Intake Self-Assessment (Credit = up to 1.5 hours)

*Independent*

M3U1, M3U2, M3U3, M3U4

- Activity: Track your dietary intake for a typical day (or complete a 24-hour diet recall). Assess your macro- and micronutrient intake using a nutrition app or website (such as [MyFitnessPal](#), [MyFoodDiary](#), [Cronometer](#), [MyPlate Calorie Counter](#), etc.) for foods consumed that day. Consider the following:
  - How does your dietary intake compare to nutrition guideline standards (as per the nutrition app/website)?
  - How does the macronutrient breakdown provided through the nutrition app/website reflect nutrient quality (i.e., unprocessed versus processed) of the foods you consumed?
  - How many grams of dietary fiber did you consume? Did you meet (or exceed) fiber recommendations? What improvements could be made in order to more consistently achieve recommended fiber consumption?
  - How does this self-assessment impact your approach to nutritional counseling with patients?
- Submission: Attest to participation (including date and actual time spent) and submit a reflection (~1 paragraph) in response to the activity.

### Whole Food Plant-Based Meal Planner (Credit = up to 2.5 hours)

*Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- Activity: Join a whole food plant-based meal planner service (such as [Lighter](#), [PlantStrong](#), [Forks Over Knives](#), [Vegan Kickstart](#), etc.) and create a menu for one week's worth of meals. Implement the meal plan over the course of the week.
- Submission: Attest to participation (including date and actual time spent) and submit your meal plan and photos of at least two meals for credit.



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### Whole Food Plant-Based Meal Kit or Prepared Meal Delivery Service Trial (Credit = up to 2.5 hours)

*Independent*

M3U1, M3U2, M3U3, M3U4, M3U10

- Activity: Trial a whole food plant-based meal kit or prepared meal delivery service for several meals over the course of one week.
  - Meal kit delivery options include [Green Chef](#), [Sunbasket](#), [Purple Carrot](#), and others.
  - Prepared meal delivery options include [Hungryroot](#), [MamaSezz](#), [LeafSide](#), and others.
    - Local meal kit/prepared meal delivery options may also be available.

Consider the following:

- How was your overall experience with the meal delivery service? Did you like the meals you selected? Were they easy or difficult to prepare?
  - Assess the nutrient content of your meal choices (with particular attention to quantities of salt and oil). How might you adjust any of the meals you selected to further optimize nutritional quality?
  - Considering time and cost, was the use of a meal delivery service beneficial for you? How might the use of a meal delivery service be useful (or not useful) for your patients?
- Submission: Attest to participation (including date and actual time spent) and submit a reflection (~1 paragraph) responding to the prompts above and submit photos of at least two meals for credit.

