



Co-funded by the
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BM5- Medical Nutrition Therapy in Primary Care –Curriculum (7.5 ECTS)

****Target Group**:** Senior students and newly graduated health professionals

This diploma-level training module is designed to provide a strong theoretical foundation in medical nutrition therapy (MNT) within the context of primary care and family medicine. It integrates evidence-based principles, pathophysiology, and nutritional biochemistry to equip senior students and early-career physicians with the knowledge required to implement and evaluate nutritional care plans. The course fosters academic inquiry into the links between diet, disease, and long-term outcomes in outpatient and primary care settings.

Course Objectives

- Describe the scientific foundations of human nutrition including micronutrient biochemistry.
- Identify key dietary recommendations based on national and international guidelines.
- Evaluate nutrition-related pathologies such as diabetes and IBD using case literature.
- Design evidence-based MNT protocols for metabolic and chronic diseases.
- Critically review nutrition intervention research in family medicine contexts.

Curriculum Content

1. History and foundations of clinical nutrition.
2. Dietary components: Macronutrients and Micronutrients.
3. Energy balance, BMR, and caloric calculations.
4. MNT for Type 1 and Type 2 diabetes, metabolic syndrome.
5. Nutrition during postpartum and lactation.
6. Inflammatory bowel disease and diet therapy.
7. Nutrition assessment tools and behavior change models.

Learning Methods

- Lectures
- Interprofessional Group work
- Case discussions
- Literature review assignments
- Final quizzes.

Core References and Resources

- WHO. Nutrition advice for adults during the COVID-19 outbreak.
- Academy of Nutrition and Dietetics: Medical Nutrition Therapy in Prevention and Treatment.
- American Diabetes Association. Standards of Medical Care in Diabetes – 2024.