Course: Nutrition: Concepts & Controversies, BI 199, 03 Hr, CRN 10938, 16:00-18:50 M, 112 WIL, Fall 2015.

Website: [http://blogs.uoregon.edu/bi199/fall-2015/](http://blogs.uoregon.edu/bi199/fall-2015/)

Instructor: V. Pat Lombardi

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Office Hours: T, 10:00-11:00 and by appointment.


Tentative Outline:

Sep 28 (M)  
I. Introduction, information cards, required resources, course overview, expectations, grading.  
II. Nutrition research: accurate & reliable resources, peer-reviewed?, text vs. trade books, extensions .edu, .org, .gov vs. .com. Within the next 24 hr, please explore the Science Library beneath Onyx Bridge (ONY) and begin topic search of your choice.  
III. Why care about nutrition? How does nutrition affect diseases?  
IV. Genes, nutrients, bioactive food components (co-nutrients) & the nature of food.  
V. Nutrition Controversy in the News.  
VI. Healthy People goals for the US.  
VII. Science of nutrition vs. nutrition quackery (Class). Readings: (S&W) Inside front & back cover, charts A, B, C, Y & Z; Preface, xv-xix; ch 1 pp 1-23; Controversy 1: Sorting the imposters from the real nutrition experts, pp 24-30; Kleiner & Monaco nutrition quackery table (course outline).

Oct 5 (M)  
I. Details about papers & presentations.  
II. Group activity: Tables A & B mystery search.  
III. Dietary Reference Intakes (DRI): Recommended Dietary Allowances (RDA) vs. Adequate Intakes (AI); Tolerable Upper Intake Levels (UL).  
V. Think fitness! American College of Sports Medicine, American Heart Association, Centers for Disease Control, American Institute for Cancer Research, USDA/Department of Health & Human Services (HHS) Guidelines (Class). Readings: (S&W) Inside front cover, charts A & B (re-review); ch 2 pp 31-51.

Oct 12 (M)  
Paper topic due. Submit by e-mail to [lombardi@uoregon.edu](mailto:lombardi@uoregon.edu) prior to class.  
I. Nutrition in the News.  
II. Analyzing food labels + group activity.  
III. Are some foods “superfoods”?  
IV. Introduction to the remarkable body. Structure-function systems’ overview: cardiovascular, nervous, endocrine & immune systems.  
V. Directions for personal food shopping spree data analyses due next week: cart content, cost & nutrient density: organic vs. conventional, vegetable vs. animal, supplements vs. whole foods.  
VI. Examining food labels: Group shopping activity @ Market of Choice. (Class, then Market of Choice, 1960 Franklin Blvd). Readings: (S&W) ch 2 pp 51-62; Controversy 2: Are some foods “superfoods” for health? ch 2 pp 63-9; ch 3 pp 70-81.
Oct 19 (M)  **Shopping spree data analyses due.** I. *Nutrition in the News.* II. The remarkable body. Structure-function of the digestive system. III. Is alcohol risky or beneficial? IV. Individual, then group feedback on shopping spree, cart analysis; cost & nutrient density (Class). **Readings:** (S&W) ch 3 pp 81-99. **Controversy 3: Alcohol & nutrition: Do the benefits outweigh the risks?** ch 3 pp 100-10.

Oct 26 (M)  **Outline of paper due.** Submit by e-mail to lombardi@uoregon.edu prior to class. I. Carbohydrates: Sugar, starch, glycogen & fiber. II. Activity: Analyze your food intake. Diet Analysis+ System & USDA SuperTracker computer nutritional analyses [http://www.choosemyplate.gov/supertracker-tools/supertracker.html](http://www.choosemyplate.gov/supertracker-tools/supertracker.html) (Class, then Science Library, ONY B90 CD). **Please bring your Diet Analysis + Printed Access Card.** **Readings:** (S&W) ch 4 pp 111-29.


Nov 23 (M)  I. **Class Presentations I:** Nutrition Controversies Analyses. II. Vegetarian & meat-containing diets. What are the benefits & pitfalls? **Readings:** (S&W) ch 6 pp 226-32.

Nov 30 (M)  I. **Class Presentations II:** Nutrition Controversies Analyses. II. Vitamins, minerals & water. **Readings:** (S&W) ch 7 pp 233-78, ch 8 pp 286-327.

Dec 2 (W)  I. **Class Presentations III** (if needed, based on enrollment): Nutrition Controversies Analyses. [NB: We may have an alternative site for presentations on this day.]

**Grading:** Your final grade will be based on the following:

- **Attendance & Participation** 25%
- **Quizzes + Other Activities** 25%
- **Paper** 25%
- **Presentation** 25%
1. **Course description.** Nutrition: Concepts & Controversies. Is there an easy way to separate nutrition fact from fiction? Are the USDA Food Guidelines biased? What are American Heart Association, American Institute for Cancer Research, and American College of Sports Medicine guidelines? Who should take supplements? What does recent research say about the best nutritional approach for improving the quality and quantity of life? This course will examine nutrition concepts, controversies, and research. We’ll focus on debunking nutrition quackery and empowering ourselves with knowledge to expose outlandish claims. In order to evaluate claims and controversies, we’ll rely upon the scientific method, peer-reviewed research and newsletters, and guidelines prepared by nationally-accredited health care and research organizations. The text for the course is Frances Sizer’s and Eleanor Whitney’s *Nutrition: Concepts & Controversies, 13th edition* (2014 updated, 2012). Students will read approximately 75-100 pages per week, complete group and individual mystery nutrition quizzes, engage in group and class discussions, conduct personal dietary analyses, tour local food stores, investigate nutrition claims, make a formal class presentation, and prepare a written research paper on a controversy of their choice. [See tentative outline.]

2. **Course structure.** Includes electronic media presentations, controversy group discussions and group and individual activities (label analyses, shopping sprees, mystery group quiz competitions, calculations using personal preferences and dietary data), and computer nutritional analyses (Diet Analysis+ software with PIN internet access included with the textbook and USDA websites [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/), [http://www.choosemyplate.gov/supertracker-tools/supertracker.html](http://www.choosemyplate.gov/supertracker-tools/supertracker.html)). Open participation is encouraged to promote questions and discussion and to support and engage the entire class.

3. **Tentative course outline by week.** Please see tentative outline for proposed schedule of topics. Topics may be modified based on student presentation choices.

4. **Course requirements.** Attendance and participation in all lecture-discussions and activities; attendance and peer-review for class presentations; completion of term research paper, and end-of-term presentation.

5. **Grading structure.** Attendance and participation in lecture-discussions 25% of grade (graded strictly according to percentage, e.g., 20/20 = 100%, 19/20 = 95%), dietary analyses, group and individual quizzes and other activities 25% of grade (graded, 25 points), term paper 25% of grade (100 point scale divided into introduction, content review, continuity, summary & conclusions, quality of references), and 25% end-of-term presentation (50% instructor + 50% peer-review evaluation based on: focus of introduction, nutrition controversy content, presentation media selection/effectiveness, question & answer responsiveness, and overall participation in the project).
Table. Top 10 Quackery Criteria—Indications of Nutrition Fraud

1. Treatment based on an unproven theory that usually calls for painless, nontoxic therapy.
2. Credentials of author purveyor aren't recognized in the scientific community.
3. No reports published in scientific, peer-reviewed journals, but mass media is used for marketing.
4. Purveyors claim the medical establishment is against them; they play on the public's paranoia about the phantom greed of the medical establishment.
5. Treatment known only to author/purveyor; drugs and preparations manufactured according to a secret formula.
6. Excessive claims that promise a dramatic, miraculous cure, including prolonging life or preventing disease.
7. Emotional images rather than facts are used to support claims.
8. Treatment that calls for special nutritional support such as vitamins, minerals, or health food products.
9. Purveyors caution clients or readers against discussing the program so that they don't get discouraged by those who are negative.
10. Programs based on drugs, treatments, or tests that have not been labeled for such uses.

Monday, November 24, 2014

**Nutrition, Health & Disease**
Seth Kinel, *The truth about genetically-modified organisms (GMOs)*
Joshua Pham, *Genetically-modified foods*
Brooke Whitney, *Prenatal alcohol exposure*
Isaac Crowe, *Vitamin C & the common cold I*
Abby Taylor, *Vitamin C & the common cold II*
Pete Merickel, *Ascorbic acid effects on cancer*
Ashley Campbell, *Foods for healthy hair & nails?*
Hunter Neuharth, *Health benefits of garlic*

Monday, December 1, 2014

**Diets & Special Populations**
Maggie Scott, *Vegetarianism for female athletes*
Phillene Newman, *Vegan lifestyle: the way to go?*
Sienna Allen, *Paleo diet & impact on western disease*
Haley Younger, *Living the Paleo diet*
Mykaela Brock, *Atkins diet*
Catie Parker, *Gluten-free diet*
Mariah Victor, *Sensa additive for weight loss*
Max Worthington, *Acai berries & weight loss*

Wednesday, December 3, 2014

**Supplements & Sports Physiology**
Kevin Duguay, *Vitamin D & sports performance*
Parker Belan, *Creatine monohydrate & muscle growth*
James Huberty, *Monohydrate creatine vs. Kre-Alkalyn creatine*
Kiana York, *Amino acid supplementation, muscle growth & performance*

**Special Topics**
Camille Oliviera, *Organic meats more nutritious than conventional?*
Ashley Hatch, *Detoxification & liver cleanses*
Emily Steele, *Does veganism lead to weight loss?*