

We'd like to inform you that EIT Food (European Knowledge and Innovation Community supported by the European Union) has announced the launch of a **new free online course**, titled Nutrition for Health and Sustainability aiming to empower the **future and current generation of medical professionals, specifically targeted for medical students.**

Dr Savino Sciascia from MedInTO-Medicine and Surgery- has been directly involved in the design and contents production for this course, with a specific focus on the impact of food and diets on chronic diseases.

On this course, you'll look at what makes up a healthy diet, and see what types of foods play a crucial part in preventing diseases and improving wellbeing.

The course has been designed with and for medical students and content has been produced by educators from the University of Turin, the University of Reading, the University of Hohenheim, the University of Groningen, IMDEA Food Institute and the Spanish National Research Council (CSIC), in collaboration with experts from the Harvard Medical School (Dr. Walter Willet) and the International Federation of Medical Students Associations (IFMSA).

You'll build your understanding of the relationship between food and disease. You'll also reflect on the possible biological, social, and psychological causes of unhealthy eating patterns, and interpret the importance of evidence-based nutrition.

Diet is the biggest single risk factor for preventable diseases in the world and a key driver of diabetes, heart disease, and other non-communicable diseases (NCDs). Currently, a key obstacle to medical professionals playing a stronger role in food systems transformation is their lack of training in nutrition. If medical doctors had better knowledge of the link between food, health, nutrition, and sustainability, then they could play an active role in transforming our food system.

To subscribe, please visit the Course Webpage at <https://www.eitfood.eu/projects/nutrition-health-and-sustainability>

By understanding the link between food, nutrition, diets, and sustainability, they will be able to more effectively assess human health at different life stages and ultimately provide clear and practical guidance when a patient will ask them: *doctor, how should I eat better?*