

Nutrition education & Food is Medicine (FiM)

Background

- **Nutrition** is a discipline unto itself AND is interdisciplinary (having strong components of social science, public health, and applied professional practice).

As a **discipline**, nutrition studies:

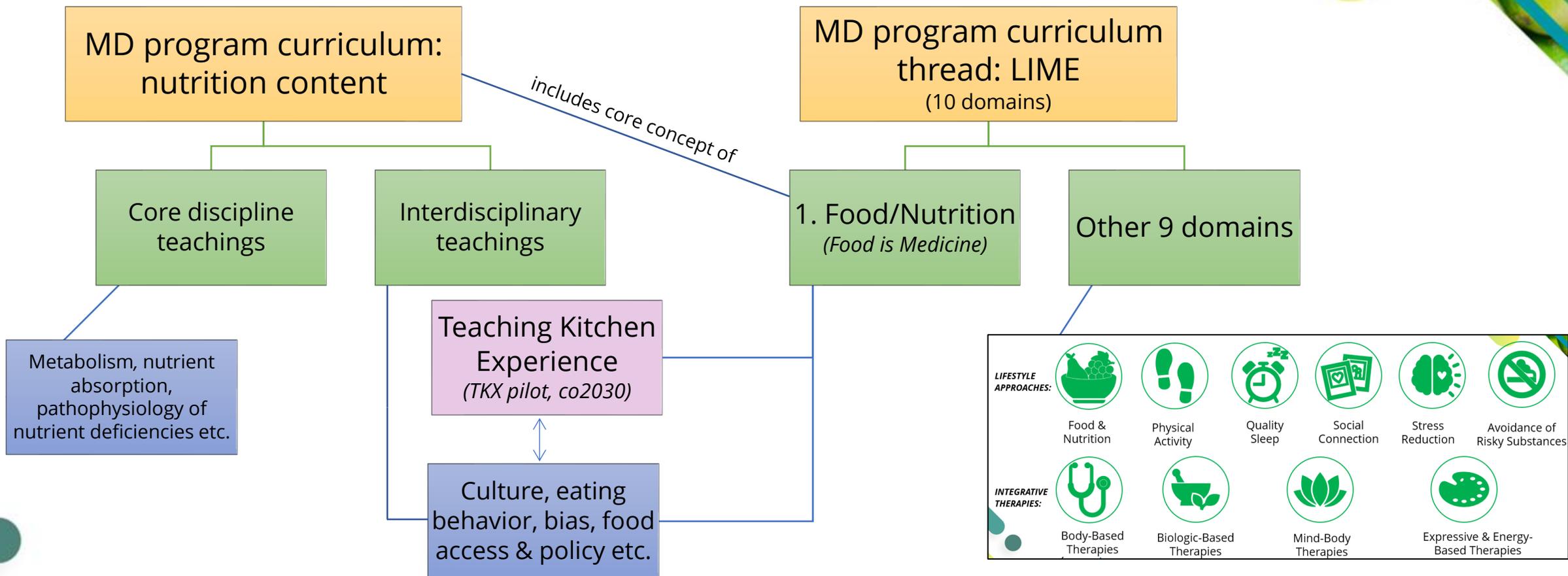
- Metabolism
- Biochemical pathways
- Nutrient absorption, digestion, transport
- Physiologic responses to nutrients
- Nutritional requirements across the lifespan
- Pathophysiology of nutrient deficiencies and metabolic disease

As an **interdiscipline**, nutrition includes:

- Eating behaviors
- Cultural influences on diet
- Socioeconomic determinants
- Food access and policy
- Behavioral change theories
- Public health interventions
- Culinary medicine
- Clinical nutrition (evidence-based guidelines)

- Using diet to prevent, manage and reverse non-communicable disease is a paradigm now referred to as **Food is Medicine (FiM)**.

Relationship between nutrition, FiM & LIME.



Dept. of Health and Human Services (HHS) Call-to-Action

FOR IMMEDIATE RELEASE
August 27, 2025

Contact: HHS Press Office
202-690-6343
[Submit a Request for Comment](#)

Secretaries Kennedy, McMahon Demand Comprehensive Nutrition Education Reforms

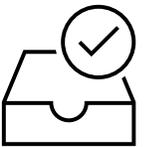
WASHINGTON—AUGUST 27, 2025—The U.S. Department of Health and Human Services (HHS) with the support of the U.S. Department of Education today announced a major initiative urging America’s leading medical education organizations to immediately implement comprehensive nutrition education and training. The effort is part of the Trump Administration and Secretary Robert F. Kennedy, Jr.’s Make America Healthy Again agenda, which prioritizes prevention and reducing chronic disease through improved diet and public health measures. Watch Secretary Kennedy’s [direct to camera](#) video and read his [Wall Street Journal commentary](#).

Each year, an estimated 1 million Americans die from diet-related chronic diseases, even as the U.S. spends more than \$4.4 trillion annually on chronic disease and mental health care. Despite overwhelming evidence that nutrition is one of the most powerful tools for disease prevention, the vast majority of physicians graduate with little to no training in nutrition counseling.

“Medical schools talk about nutrition but fail to teach it,” said **Secretary Kennedy**. “We demand immediate, measurable reforms to embed nutrition education across every stage of medical training, hold institutions accountable for progress, and equip every future physician with the tools to prevent disease—not just treat it.”

While recent Association of American Medical Colleges [data](#) shows that all U.S. medical schools claim to cover nutrition, other [studies](#) show the majority of medical students report receiving fewer than two hours of instruction. [Research](#) published in 2024 documents that 75% of U.S. medical schools have no required clinical nutrition classes, and only 14% of residency programs have a required nutrition curriculum. HHS is calling for increased nutrition education thresholds across the medical education continuum. The nation’s medical schools must fundamentally address this critical gap in health care training and ensure that future and current doctors possess the essential knowledge to provide evidence-based nutritional guidance to their patients.

➤ Subsequent to letter, HHS requested colleges of medicine **formally champion** the call advancing nutrition education (via adoption of nutrition competencies)



➤ The LIME advisory team is discussing nutrition competencies (will formally bring a set forward)



➤ Forming a nutrition curriculum development/design team **Interested?**

