



Nutritional Sciences Minor

The Nutritional Sciences Minor provides students with a foundation of knowledge in nutritional sciences, food studies, food systems, and population health. Students examine food and nutrition practices and policies that affect sustainable diets and long-term health. The minor offers a multidisciplinary perspective of the food environment, including the interplay of food and nutrition, human behavior, business, culture, and the environment.

Why Minor in Nutritional Sciences?

The Nutritional Sciences Minor complements many majors. The minor is a strong addition for students interested in health fields and students in other majors who are interested in nutrition, food studies, and health. The minor incorporates elements of:

- Human nutrition
- Food studies
- Disease prevention
- Food safety
- Public health policy
- Food environment
- Food cultures and behaviors

The background and skills provided by the minor curriculum assist students in separating fact from fiction when faced with constantly changing nutrition research, information, and products. Students are able to access evidence-based information and be informed consumers themselves, while also applying these skills to their main area of study.

Considering Graduate Studies or a Career in Nutrition?

Graduate Studies in Nutrition

Students from many different majors, backgrounds, and experiences pursue graduate studies in nutrition. At the graduate level, students can pursue a Master of Science, Master of Public Health, or Doctor of Philosophy degree. Students interested in graduate study should review the prerequisites as early as possible so they can integrate the courses into their undergraduate plans.

Becoming a Registered Dietitian (RD)

A Registered Dietitian is a food and nutrition expert who has completed the academic and professional requirements to qualify for the Academy of Nutrition and Dietetics RD credential (www.eatright.org). At the University of Washington, students can pursue the RD credential in coordination with the MS, MPH, or PhD program in Nutritional Sciences.

For information on graduate study in nutrition and the RD training program at UW, please visit depts.washington.edu/nutr.

Minor Requirements 25 Credits

Required Courses 10 credits

- NUTR 300 Nutrition for Today (3)
- NUTR 302 Food Studies: Harvest to Health (3)
- NUTR 303 Neighborhood Nutrition (3)
- NUTR 490 Nutrition Seminar - selected topics (1)

Electives 15 credits

- NUTR 405 Physical Activity in Health and Disease (3)
- NUTR 406 Sports Nutrition (3)
- NUTR 411 Advanced Nutrition (2)
- NUTR 412 United States Food and Nutrition Policy (3)
- NUTR 441 Molecular Gastronomy: Chemistry and Culinology of Food (3)
- NUTR 446 Food Safety and Health (3)
- NUTR 465 Nutritional Anthropology (3, currently unavailable)
- ANTH 361 Anthropology of Food (5)
- ENV H 441 Food Protection (3)
- EPI 320 Introduction to Epidemiology (3)
- GEOG 271 Geography of Food and Eating (5)
- GEOG 371 World Hunger and Agricultural Development (5)
- GEOG 380 Geographical Patterns of Health and Disease (5)

Please visit the website for updates to the list of approved electives.

Additional Requirements

- Minimum of 13 credits must be taken in the School of Public Health (NUTR, ENV H, and EPI courses)
- Minimum of 15 credits must be completed in 300- and 400-level courses
- Minimum of 15 credits applied toward the minor must be completed in residence at the University of Washington
- Minimum of 15 credits must be taken outside of the student's major requirements
- Minimum cumulative 2.0 GPA needed for minor courses
- Students must declare a major before the minor
- Students must have a minimum of 45 credits before declaring the minor

Contact Information

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