



# 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 Public Health, Master of Science, 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](http://www.eatright.org)). At the University of Washington, students can pursue the RD credential in coordination with the MPH, MS, 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](http://depts.washington.edu/nutr).

## MINOR REQUIREMENTS 25 Credits

### Core Requirements 11-12 credits

*Both of the following courses:*

- NUTR 200 Nutrition for Today (4)
- NUTR 400 Nutrition Seminar (1)\*\*

*Two courses selected from the following:*

- NUTR 302 Food Studies: Harvest to Health (3)\*\*
- NUTR 303 Neighborhood Nutrition (3)\*\*
- NUTR 310 Nutrition and the Life Course (4)\*\*

### Electives 13-14 credits

- NUTR 405 Physical Activity in Health and Disease (3)
- NUTR 406 Sports Nutrition (3)
- NUTR 411 Diet in Health and Disease (3)
- NUTR 412 United States Food and Nutrition Policy (3)
- NUTR 420 Global Nutrition: Challenges and Opportunities (3)
- NUTR 441 Food and Culinary Science (3)
- NUTR 446 Food Safety and Health (3)
- NUTR 465 Nutritional Anthropology (3)
- ANTH 361 Anthropology of Food (5)
- ENV H 441 Food Protection (3)
- EPI 320 Introduction to Epidemiology (4)
- 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)

*\*\* NUTR 400 (max 3) and NUTR 302, 303, or 310 may be used as electives if not counted toward core requirements.*

### Additional Requirements

- Minimum 13 credits from the School of Public Health
- Minimum 15 credits of upper-division courses
- Minimum 15 credits in residence through the UW
- Minimum 15 credits taken outside of the student's major requirements
- Minimum cumulative 2.0 GPA for courses applied toward the minor
- Students must declare a major before declaring the minor
- Students must have a minimum of 45 credits before declaring the minor

## CONTACT INFORMATION

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