



## NUTRITION MINOR

The Nutrition minor provides students with a foundation of knowledge in nutritional sciences, food systems, and food studies and their relationship to population health. Through an examination of food and nutrition policies and practices that affect sustainable diets and long-term health, students gain a multidisciplinary perspective of the food environment, including the interplay of food and nutrition, human behavior, business, culture, and the environment. Students access evidence-based information and become informed consumers, while also applying these skills to their main area of study.

### COURSE REQUIREMENTS 25 credits

**Core** 14 - 15 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 Systems: Harvest to Health (5)
- NUTR 303 Food Systems: Individual to Population Health (5)
- NUTR 310 Nutrition and the Life Course (4)

**Electives** 10 - 11 credits

Choose from among approved courses in NUTR, ANTH, ENV H, EPI and GEOG

### ADDITIONAL REQUIREMENTS

- Minimum 13 credits from School of Public Health
- Minimum 15 credits of upper-division courses
- Minimum 15 credits in residence
- Minimum 15 credits outside of major
- Minimum cumulative 2.0 GPA
- Declare the minor with your major adviser
- Minimum 45 credits before declaring



### CONTACT INFORMATION

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