

FOOD IS MEDICINE, MINOR

NTRN 390 Undergraduate Research

Total Credit Hours

16

Program Overview

This minor addresses the critical need for specialized knowledge in using food-based interventions alongside typical health protective practices. This will help prepare undergraduates for careers in nutrition, food policy, public health, and professional healthcare. Graduates will gain expertise needed to contribute to innovations in health and wellness, advocate for food-based health solutions, and support diverse populations in achieving better health through their understanding of different human diets and dietary components. This will enhance students' competitiveness in numerous fields including medicine, community health, and public health government agencies.

Nutrition majors are not eligible for this minor.

Non-Nutrition majors may only take one minor offered by the Department of Nutrition.

Learning Outcomes

- Describe the various types of food and nutrition anchored strategies in the Food is Medicine framework.
- Recognize that public policy has shifted to incorporate the importance of nutrition security. This is defined as the incorporation of food based strategies into population and system health approaches.
- Identify the synergy between food and nutrition education, development of simple culinary skills, cultural sensitivity in meal planning and positive behavior changes in dietary patterns.
- Describe foundational concepts in nutrition and food education to promote the development of healthy dietary patterns.

Undergraduate Policies

For undergraduate policies and procedures, please review the [Undergraduate Academics](#) section of the General Bulletin.

Program Requirements

Code	Title	Credit Hours
Required Courses:		
NTRN 201	Nutrition	3
NTRN 341	Food as Medicine: How What We Eat Influences How We Feel, Think, and Our Health Status	3
NTRN 343	Dietary Patterns	3
<i>Choose one of the following:</i>		1
NTRN 200	Case Cooks: Ethnic Eats	
NTRN 200H	Case Cooks: Healthy Lifestyles	
<i>Choose two of the following:</i>		6
NTRN 310	Understanding Plant-Based Diets in Health and Disease	
NTRN 328	Child Nutrition, Development and Health	
NTRN 350	Community Nutrition	
NTRN 351	Food Service Systems Management	
NTRN 363	Human Nutrition I: Energy, Protein, Minerals	