

# NUTRITION AND LIFESTYLE MEDICINE, MINOR

---

## Program Overview

The minor in Nutrition and Lifestyle Medicine is available to all undergraduate students not majoring in Nutrition or Nutritional Biochemistry & Metabolism. The curriculum for this minor is committed to providing students with cutting edge, evidence based nutrition, food and lifestyle medicine course and experiential offerings. By completing this minor, students will be better prepared with the didactic background necessary to appreciate how to prevent, ameliorate, or modify the risk of chronic disease for the general public and themselves. This will also allow students the opportunity to ultimately be part of the solution to decreasing the global burden of preventable chronic disease through lifestyle interventions.

## Undergraduate Policies

For undergraduate policies and procedures, please review the Office of Undergraduate Studies section of the General Bulletin.

## Program Requirements

Nutrition majors are not eligible for this minor.

Non Nutrition majors may only take one minor: either Minor in Nutrition, Minor in Sports Nutrition, Minor in Environmental Nutrition, or Minor in Nutrition and Lifestyle Medicine.

Code	Title	Hours
<b>Required Courses</b>		
NTRN 200H	Case Cooks: Healthy Lifestyles	1
NTRN 201	Nutrition	3
NTRN 300	Healthy Lifestyles as Preventive Medicine	3
<b>Elective Courses</b>		
Choose three of the following:		9
NTRN 310	Understanding Plant-Based Diets in Health and Disease	
NTRN 320	Women's Wellness: From Food and Nutrition to Reproductive Health and Aging	
NTRN 328	Child Nutrition, Development and Health	
NTRN 337	Nutrition Communication, Counseling and Behavior Change Strategies	
NTRN 338	Dietary Supplements	
NTRN 341	Food as Medicine: How what we eat influences how we feel, think, and our health status	
NTRN 343	Dietary Patterns	
NTRN 362	Exercise Physiology and Macronutrient Metabolism	
NTRN 388	Seminar in Sports Nutrition	
NTRN 401	Nutrition for Community and Health Care Professionals	
<b>Total Hours</b>		<b>16</b>