

Nutrition, Diet and Disease Across the Lifecycle

Friedman Core*

| Nutrition science | Quantitative reasoning | Policy and programs | Experiential learning | Friedman Seminar |
|--|---|--|---|--|
| NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients OR NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients | NUTR 206: Biostatistics 1 OR NUTR 207: Statistical Methods in Nutrition Science and Policy OR NUTB 250: Statistical Methods for Health Professionals I | NUTR 203 OR NUTR 215 OR NUTR 238 OR NUTB 206** | NUTR 236: Practicum in Bioresearch Techniques OR NUTR 397 Directed Study*** | 2 semesters of Friedman Seminar Course |
| <i>2 courses, 9 credits</i> | <i>1 course, 3 credits</i> | <i>1 course, 3 credits</i> | <i>1 course, 3 credits</i> | <i>2 semesters, 1.5 credits each</i> |

Specialization Requirements

| Required courses | Recommended courses | Related courses |
|--|--|--|
| NUTR 204: Principles of Epidemiology NUTR 301: Nutrition in the Lifecycle NUTR 312: Nutrition and Chronic Disease NUTR 272: Nutrition, Physical Activity and Health | NUTR 248: Precision Nutrition NUTR 247: Biology of Aging NUTR 309: Biostatistics 2 OR NUTR 307: Regression Analysis for Nutrition Science and Policy OR NUTB 350: Biostatistics for Health Professionals II NUTR 315: Applied Nutritional Biochemistry**** NUTB 316: Advanced Medical Nutrition Therapy | NUTR 346: Simulating Biophysical Processes NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence NUTC 270: Nutrition, Health and Disease II: Adulthood NUTR 374: Advanced Clinical Nutrition Practice in Kidney Disease Biomedical Data Science (course number TBD) |

Nutrition, Diet and Disease Across the Lifecycle (continued)

Skills and Knowledge Gained

Recognize the roles of micronutrients and macronutrients in the prevention or promotion of disease at each life stage; Identify gaps and controversies in the relationships between nutrients and disease at each life stage; Identify appropriate approaches and methods to advance nutrition knowledge and resolve gaps/controversies at each life stage; Develop programs that promote consumer health, wellness, and lifestyle management; Demonstrate knowledge of various disease states, lifecycle phases, and accompanying conditions and associated dietary implications; Accurately translates science into evidence-based practice.

*Please speak with your advisor or the Dean for Education if you would like to request an exemption or substitution.

** NUTR203: Fundamentals of Nutrition Policy and Programs; NUTR 215: Fundamentals of US Agriculture; NUTR 238: Economics of Food, Agriculture and Nutrition ; NUTB 206: Global Nutrition Policy and Programs

***Options listed here are *suggested*, not required

**** Recommended for students taking NUTR 245/246 to fulfill their nutrition science requirement; not appropriate for students taking NUTR 370/371