

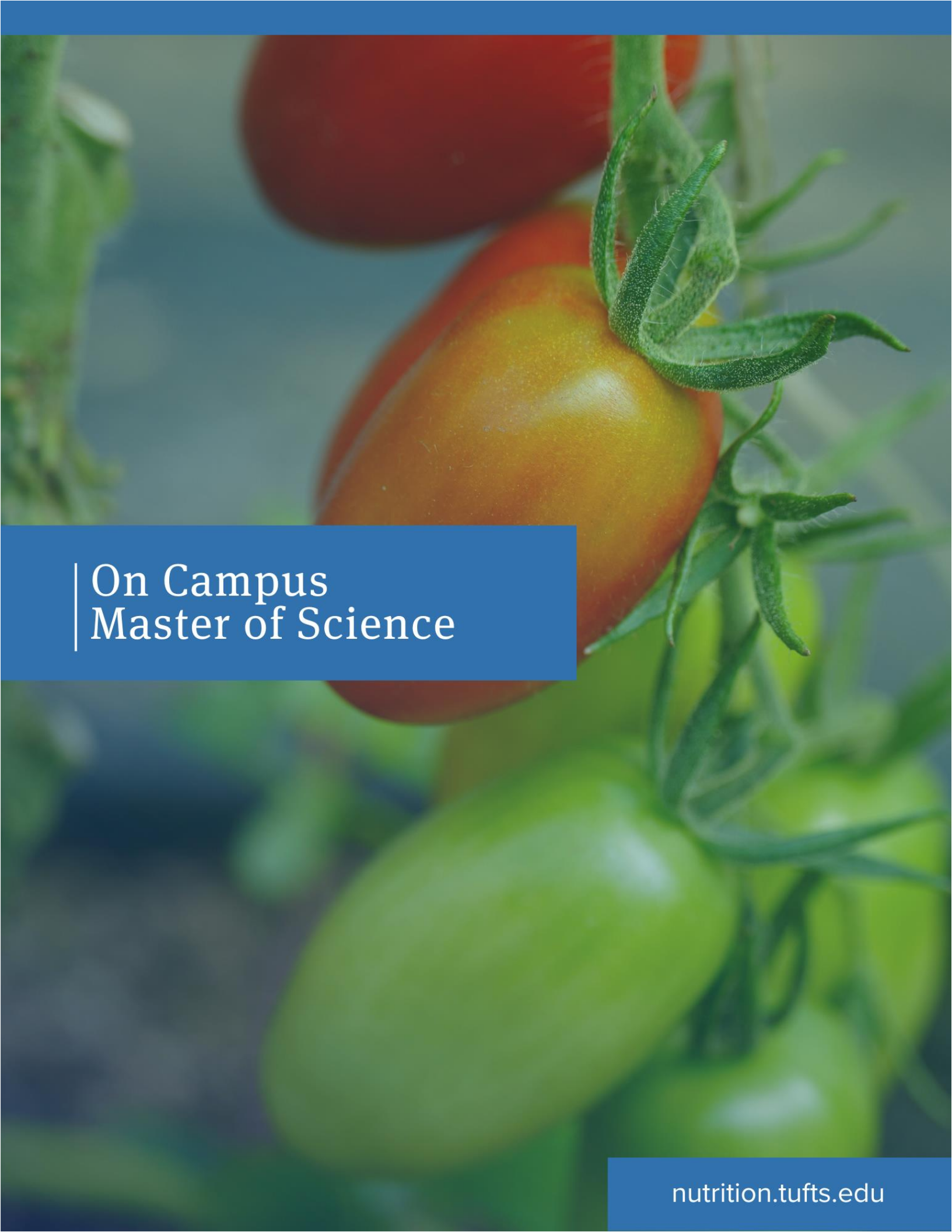


Gerald J. and Dorothy R.
Friedman School of
Nutrition Science and Policy

Master of Science

LEARN MORE ABOUT DEGREE
REQUIREMENTS AND SPECIALIZATIONS

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| On Campus
Master of Science

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A Typical Student Journey (On Campus MS)

We engage every student in creating their own journey through the school, with robust faculty and staff support and hands-on, holistic academic advising.

There is no “typical” student journey at The Friedman School, so this is intended to give a general overview of the choices available to all on-campus MS students. We encourage you to work with your advisor to design the pathway that works for you.

At a glance

- 48 credits, 16 courses
- 2 years, full-time

Friedman Core

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
Foundational knowledge on the impact of nutrition on biological functions and human health	Tools and skills for interpreting and understanding scientific analyses	Understanding mechanisms and functions of policy processes and initiatives (e.g., laws, regulations, programs)	Hands-on practical experience to enhance the in-class learning experience
<i>1 or 2 courses, 3-9 credits*</i>	<i>1 course, 3 credits</i>	<i>1 course, 3 credits*</i>	<i>Minimum of 120 hours</i>

**Varies, depending on the specialization*

Because recommended nutrition science and quantitative reasoning coursework varies across specializations, students pursuing specializations with different requirements must complete the more comprehensive course or course sequence. Additionally, completion of one policy course fulfills the policy core requirement. Students are not required to complete the recommended policy course for each specialization they choose unless it is a specialization-specific requirement.

Viewbook last updated 01/13/2026. Please note that what is listed on the following pages may be subject to change as course offerings may change over time.

A Typical Student Journey (On Campus MS, continued)

Design Your Pathway**

Specialization 1 & 2
(4 courses and 12 credits each)

Required courses

Foundational knowledge and skills within a given topic area or discipline. These courses provide a knowledge base that students can build on and apply to more specific areas within the specialization.

*2-4 courses, 9-12 credits**

Recommended courses

Skills and topic areas that, depending on a student's interests, may be considered fundamental to their course of study

*0-2 courses, 0-6 credits**

Related courses

Skills and topic areas related to the specialization that will be differently relevant for students with different interest areas

Varies

**Varies, depending on the specialization*

***Please note that what is listed on each slide may be subject to change as course offerings change over time.*

Elective
courses

After completing the Friedman Core and 2 specializations, most students will have room for elective courses that may have little to do with their declared specializations. Depending on which areas they choose to focus in, students may have room for between 1 and 4 elective courses.

Experiential Learning

All MS students must complete a minimum of 120 hours of experiential learning. Students must propose and obtain approval for the project from both their project sponsor and academic advisor.

Types of experiences include:

- Internship
- Practicum
- Research Assistantship
- Master's Thesis
- Current Work Experience
- Immersive Experience

Sample Pathway 1: AFE and Community Interventions and Behavior Change

Friedman Core (15 credits)

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 Scientific Basis for Nutrition – Micronutrients AND NUTR 246 Scientific Basis for Nutrition - Macronutrients	NUTR 207: Statistical Methods for Nutrition Science and Policy	NUTR 238: Economics of Food, Agriculture and Nutrition	Internship directed study, practicum, job, or other non-classroom experience
<i>2 courses, (6CR, FALL,SPR)</i>	<i>1 course, (3CR, FALL)</i>	<i>1 course, (3CR, FALL)</i>	<i>Minimum of 120 hours</i>

Specialization 1: Agriculture, Food, and Environment (AFE)

Required courses (12 credits)

NUTR 215: Fundamentals of U.S. Agriculture • **3CR, FALL**
 NUTR 233: Agricultural Science and Policy I • **3CR, SPR**
 NUTR 333: Agricultural Science and Policy II • **3CR, FALL**
 NUTR 341: Environmental Economics of Food and Agriculture • **3CR, SPR**

Elective coursework (0 credits)

Specialization 2: Community Interventions and Behavior Change

Required courses (12 credits)

NUTR 204: Principles of Epidemiology • **3CR, FALL/SPR**
 NUTR 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • **3CR, FALL**
 NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • **3CR, SPR**
 NUTR 228: Community and Public Health Nutrition • **3CR, FALL**

Elective coursework (3 credits)

NUTR 307: Regression Analysis for Nutrition Science and Policy • **3CR, SPR**

Elective coursework (6 credits)

NUTR 285: Food Justice: Critical Approaches in Policy and Planning • **3CR, FALL**
 NUTR 393: Data Visualization and Effective Communication • **3CR, SPR**

Sample Pathway 2: BMN and Nutrition Entrepreneurship and Innovation

Friedman Core (18 credits)

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 206: Biostatistics 1	NUTR 238: Economics of Food, Agriculture and Nutrition	NUTR 236: Practicum in Bioresearch Techniques
2 courses, (9CR, FALL/SPR)	1 course, (3CR, FALL)	1 course, (3CR, FALL)	1 course, (3CR, FALL)

Specialization 1: Biochemical and Molecular Nutrition (BMN)

Required courses (12 credits)	Elective coursework (4.5 credits)
<p>NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR</p> <p>BCHM 223: Graduate Biochemistry • 6CR, FALL</p> <p>NUTR 240: Nutrition Science Journal Club • 0CR, SPR</p> <p>NUTR 309: Biostatistics 2 • 3CR, SPR</p>	<p>NUTR 225: Introduction to Modern Biology Techniques • 1.5CR, FALL</p> <p>NUTR 248: Precision Nutrition • 3CR, SPR</p>

Specialization 2: Nutrition Entrepreneurship and Innovation

Required courses (10.5 credits)	Recommended coursework (3 credits)
<p>NUTR 280: Nutrition and Entrepreneurship: Idea to Impact • 4.5CR, FALL</p> <p>NUTR 284: Food Law and Regulation • 3CR, SPR</p> <p>NUTR 393: Data Visualization and Effective Communication • 3CR, SPR</p>	<p>NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPR</p>

Agriculture, Food, and Environment

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 202: Fundamentals of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 238: Economics of Food, Agriculture and Nutrition	Internship directed study, practicum, job, or other non-classroom experience
<i>1 course, (3CR, FALL/SPR/SUM)</i>	<i>1 course, (3CR, FALL)</i>	<i>1 course, (3CR, FALL)</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 215: Fundamentals of U.S. Agriculture • 3CR, FALL NUTR 333: Agricultural Science and Policy II • 3CR, FALL NUTR 233: Agricultural Science and Policy I • 3CR, SPR NUTR 341: Environmental Economics of Food and Agriculture • 3CR, SPR	NUTR ON234: Climate, Agriculture, and Food Policy • 3CR, SPR	NUTR 346: Simulating Biophysical Processes • 3CR, FALL NUTR 256: Climate Change: Risk, and Adaptation for Food Systems • 3CR, SPR NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPR NUTR 342: Food Systems Modeling and Analysis • 3CR, SPR

Skills and Knowledge Gained

Knowledge of major trends in agriculture and pros/cons of policy and technical solutions for climate/environmental concerns; Role of policy and management in shaping food production efficiency and environmental impact; Ability to propose solutions for case study problems; Environmental impacts of different types of food production and diet choices; Designing food production systems to meet dietary needs

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

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients/ Micronutrients	NUTR 206: Biostatistics 1	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	NUTR 236: Practicum in Bioresearch Techniques
2 courses, (6-9CR, FALL/SPR)	1 course, (3CR, FALL)	1 course, (VARIES)	1 course, (3CR, FALL)

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR BCHM 223: Graduate Biochemistry • 6CR, FALL NUTR 240: Nutrition Science Journal Club • 0CR, SPR NUTR 309: Biostatistics 2 • 3CR, SPR	NUTR 225: Introduction to Modern Biology Techniques • 1.5CR, FALL NUTB 243: Nutrition, Brain and Behavior • 1.5CR, FALL NUTR 248: Precision Nutrition • 3CR, SPR NUTR 272: Nutrition, Physical Activity and Health • 3CR, SPR NUTR 319: Intermediate Epidemiology • 3CR, SPR NUTB 316: Advanced Medical Nutrition Therapy • 3CR, SUM NUTR 397: Directed Study • 3CR, VARIES	NUTR 346: Simulating Biophysical Processes • 3CR, FALL NUTR 348: Biomedical Data Science • 1.5CR, SPR Microbial Communities and the Human Microbiome*** Physiological Mechanisms of Health and Disease*** Statistical Methods for Microbiome Data Analysis***

Skills and Knowledge Gained

Demonstrate understanding and a working knowledge of macronutrient and micronutrient metabolism, bioavailability, homeostasis, and functions; Knowledge about biostatistical and data analysis methods for biomedical sciences; Practical and experiential methodology for carrying out laboratory experiments in nutrition sciences; Apply appropriate study designs and experimental methods to advance and resolve gaps and controversies in nutrition science; Ability to critically read and evaluate the literature in nutrition sciences; Identify gaps and controversies in the relationships between nutrients and disease prevention or promotion.

*This specialization is particularly appropriate for students who want to pursue a PhD. Some courses may require prerequisites beyond the school-wide requirements; please contact the Dean for Education for more information, or if you would like to request an exemption or substitution from any of the core courses.

** 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

*** Indicates a course that offered at Harvard School or Boston University Schools of Public Health

Climate, Sustainability, and Food

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR OR NUTC 202: Fundamentals of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy		Internship directed study, practicum, job, or other non-classroom experience
<i>1 course, (3CR, FALL/SPR/SUM)</i>	<i>1 course, (3CR, FALL)</i>	<i>n/a</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
<p>NUTR ON234: Climate, Agriculture, and Food Policy • 3CR, SPR</p> <p>NUTR 256: Climate Change: Risk, and Adaptation for Food Systems • 3CR, SPR</p> <p>NUTR 331: Environmental Lifecycle Assessment • 3CR, SPR</p>	<p>UEP 293: Greenhouse Gas Management • 1-3CR, FALL</p> <p>.....</p> <p>PH 279: Climate and Health • 3CR, SUM</p>	<p>NUTR 241: Food for all: Ecology, Biotechnology, and Sustainability • 3CR, FALL</p> <p>NUTR 346: Simulating Biophysical Processes • 3CR, FALL</p> <p>.....</p> <p>NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPR</p> <p>NUTR 341: Environmental Economics of Food and Agriculture • 3CR, SPR</p> <p>NUTR 233/333: Agricultural Science and Policy I / II • 3CR, SPR/FALL</p> <p>Sustainable Agriculture and Food Systems Graduate Certificate Courses (VARIES)</p>

Skills and Knowledge Gained

Knowledge of climate change mitigation and adaptation strategies; pros/cons of policies and technical solutions in the food system; Ability to propose solutions to case studies; Impact of climate and environmental changes on food production and distribution; Role of climate policy in shaping sustainability of food systems; Food equity and sustainability

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

Community Interventions and Behavior Change

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
<i>2 courses, 6CR, FALL/SPR</i>	<i>1 course, 3CR, FALL</i>	<i>1 course, 3CR, VARIES</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
<p>NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR</p> <p>NUTR 228: Community and Public Health Nutrition • 3CR, FALL</p> <p>.....</p> <p>NUTR or NUTB or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • 3CR, SPR</p> <p>NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • 3CR, SPR</p>	<p>NUTR 210: Survey Research in Nutrition • 3CR, SPR</p> <p>NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR</p> <p>NUTR 310: Qualitative Research Methods for Nutrition • 3CR, SPR</p>	<p>PH 210: Law in Public Health • 3CR, FALL</p> <p>.....</p> <p>PH 262: GIS for Public Health • 3CR, SPR</p> <p>NUTR 273: Social Psychology of Eating Behavior • 3CR, SPR</p> <p>PH 290: Qualitative Methods and Data Analysis • 3CR, SPR</p> <p>.....</p> <p>NUTC 212: Developing Equitable, Inclusive Community Environments for Physical Activity • 3CR, SUM</p> <p>NUTB 227: Global Nutrition Programs • 3CR, SUM</p> <p>PH 246: Public Health Advocacy • VARIES</p>

*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

Community Interventions and Behavior Change (continued)

Skills and Knowledge Gained

Use health-related behavior theory to design, implement, and evaluate intervention; Know the strengths and weaknesses of different study designs and be able to choose an appropriate one; Evaluate an intervention by choosing appropriate outcomes and measures, and understand how and when to take measurements; Have a basic knowledge of implementation science; Use frameworks, models, and systems thinking to develop community and individual level evidence-based interventions; Demonstrate the ability to conduct comprehensive needs assessments to identify community priorities to inform nutrition intervention development; Describe community engagement principles and how to apply them to build collaborative partnerships with community members, organizations, and/or interest holders to enhance nutrition interventions; Develop and/or adapt nutrition interventions to be culturally appropriate and relevant, by applying community engagement, equity-focus, cultural adaptation principles to work; Describe the breadth of community intervention settings and strategies for promoting healthy eating and active living; Explain and apply steps in intervention / program development

Data Analytics and AI in Nutrition

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 206: Biostatistics 1	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	Project-based coursework
2 courses, 6CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, VARIES	Minimum of 120 hours

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR ON 390: Introduction to AI-Based Applications for Nutrition and Health Research • 3CR, FALL NUTR 394: Advanced Data Analysis • 3CR, FALL NUTR 393: Data Visualization and Effective Communication • 3CR, SPR	NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR NUTR 237: Data Management Using SAS • 3CR, FALL NUTR 309: Biostatistics 2 • 3CR, SPR	NUTR 231: Fundamentals of Geographic Information Systems (GIS) • 3CR, FALL NUTR 210: Survey Research in Nutrition • 3CR, SPR NUTR 392: Nutrition Systematic Review and Meta-analysis • 3CR, SUM

Skills and Knowledge Gained

Proficiency in statistical analysis; Data visualization; Critical thinking in data interpretation; Gain hands-on experience with real-world data sets; Incorporate ethical considerations in data analysis and use of AI; Develop understanding of capabilities and limitations of AI algorithms and practical skills for AI use

*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

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR OR NUTC 202: Fundamentals of Nutrition Science OR NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203: Fundamentals of Nutrition Policy and Programs	Internship directed study, practicum, job, or other non-classroom experience
<i>1 course</i> (3CR, FALL/SPR/SUM) OR <i>2 courses</i> (6CR, FALL/SPRING)	<i>1 course</i> (3CR, FALL)	<i>1 course</i> (3CR, FALL)	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR OR NUTB 238: Economics of Food, Agriculture and Nutrition • 3CR, FALL/SPRING NUTR 303: Determinants of US Food Policy • 3CR, FALL OR NUTR 304: Nutrition, Food Security, and Development • 3CR, FALL NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR	NUTR 227: International Nutrition Programs • 3CR, FALL NUTR 228: Community and Public Health Nutrition • 3CR, FALL NUTR 210: Survey Research in Nutrition • 3CR, SPR NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • 3CR, SPR	NUTR 215: Fundamentals of U.S. Agriculture • 3CR, FALL NUTR 284: Food Law and Regulation • 3CR, SPR NUTR 310: Qualitative Research Methods for Nutrition • 3CR, SPR NUTR 330: Anthropology of Food and Nutrition • 3CR, SPR NUTR 341: Environmental Economics of Food and Agriculture • 3CR, SPR

Skills and Knowledge Gained

Technical skills: quantitative and qualitative research, study design, and survey methods, analytical skills to understand the evidence base, effective policy formation and program design
Content knowledge: Economic development, the impact of poverty on nutrition outcomes, the economic impact of healthy diets, determinants of nutritional outcomes in the US and across the globe, food law and regulation, and anthropology of food and nutrition

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

Food Systems Modeling

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Fundamentals of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy		Internship directed study, practicum, job, or other non-classroom experience
<i>1 course, (3CR, FALL/SPR/SUM)</i>	<i>1 course, (3CR, FALL)</i>	<i>n/a</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses**	Recommended courses	Related courses
NUTR 231: Fundamentals of Geographic Information Systems (GIS) • 3CR, FALL NUTR 331: Environmental Lifecycle Assessment • 3CR, SPR NUTR 342: Food Systems Modeling and Analysis • 3CR, SPR	NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPR NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR	NUTR 285: Food Justice: Critical Approaches in Policy and Planning • 3CR, FALL NUTR 346: Simulating Biophysical Processes • 3CR, FALL NUTR 233/333: Agricultural Science and Policy I / II • 3CR, SPR/FALL NUTR 256: Climate Change: Risk, and Adaptation for Food Systems • 3CR, SPR NUTR 341: Environmental Economics of Food and Agriculture • 3CR, SPR

Skills and Knowledge Gained

Quantifying environmental impact of food production and distribution; quantifying the relationship between food and nutrition needs and food production at different scales; spatial analysis of food production and access

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

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Fundamentals of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <u>OR</u> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
<i>1 course, (3CR, FALL/SPR/SUM)</i>	<i>1 course, (3CR, FALL)</i>	<i>1 course, (VARIES)</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses***	Related courses
NUTR 229: Humanitarian Action in Complex Emergencies • 3CR, FALL NUTR 308: Nutrition in Emergencies • 3CR, SPR	NUTR 222: Gender, Culture and Conflict in Complex Humanitarian Emergencies • 3CR, FALL NUTR 243: Forced Migration • 3CR, FALL ILO L216: International Humanitarian Law • 3CR, FALL NUTR 256: Climate Change: Risk, and Adaptation for Food Systems • 3CR, SPR NUTR 324: International Humanitarian Response • 3CR, SPR DHP D240: Children, Violence, Protection and Resilience • 3CR, SPR	DHP D220: Processes of International Negotiation • 3CR, FALL DHP D223: Theories of Conflict and Conflict Resolution • 3CR, FALL DHP P222: Development Aid in Policy and Practice • 3CR, FALL

Skills and Knowledge Gained

Describe the relevance of the humanitarian principles and International Humanitarian Law to contexts of humanitarian crises; Explain the latest approaches to food security, nutrition, and livelihoods analysis and programming in humanitarian crises; Conduct gender and intersectional analyses of humanitarian crises to inform appropriate responses; Communicate research and evidence to decisionmakers and operational managers; Apply this knowledge of humanitarian assistance approaches to real-world or simulations of real-world situations.

*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; NUTB 206: Global Nutrition Policy and Programs
 ***Students may also choose courses from the online Humanitarian Assistance Specialization; see Online MS viewbook for more information.

Nutritional Epidemiology and Public Health Nutrition

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients OR NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 206: Biostatistics	NUTR 203 OR NUTR 215 OR NUTR 238 OR NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
2 courses, 6-9CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, VARIES	Minimum of 120 hours

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR NUTR 305: Nutritional Epidemiology • 3CR, FALL NUTR 309: Biostatistics • 3CR, SPR NUTR 319: Intermediate Epidemiology • 3CR, SPR	NUTR 228: Community and Public Health Nutrition • 3CR, FALL NUTR 237: Data Management Using SAS • 3CR, FALL NUTR 210: Survey Research in Nutrition • 3CR, SPR NUTR 375: Applied Genetic Epidemiology and Biostatistics in Nutrition Research • 3CR, SPR NUTR 392: Nutrition Systematic Review and Meta-analysis • 3CR, SUM	NUTR 231: Fundamentals of GIS • 3CR, FALL NUTR 346: Simulating Biophysical Processes • 3CR, FALL NUTR 394: Advanced Data Analysis • 3CR, FALL PH 202: Public Health Assessment: Data Determinates, and Systems • 3CR, FALL PH 291: Analysis of Multilevel & Longitudinal Data • VARIES NUTR 348: Biomedical Data Science • 1.5CR, SPR NUTR 393: Data Visualization and Effective Communication • 3CR, SPR PH 203: Public Health Action: Programs, Policy and Advocacy • 3CR, SPR

Nutritional Epidemiology and Public Health Nutrition (continued)

Skills and Knowledge Gained

Technical skills: Study design, dietary assessment, data management, statistical analysis, causal inference; Critical thinking skills for clarifying the causal relationship between nutrition and health. Translation of evidence to inform public health policies and interventions

*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

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
2 courses, 6CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, VARIES	Minimum of 120 hours

Specialization Requirements

Required courses	Recommended courses	Related courses
<p>NUTR or NUTB or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • 3CR, FALL/SPR/SUM</p> <p>NUTR 322: Writing Well About Food and Nutrition • 3CR, FALL</p> <p>.....</p> <p>NUTR 218: Communications Strategies in Nutrition and Health Promotion • 3CR, SPR</p> <p>NUTR 393: Data Visualization and Effective Communication • 3CR, SPR</p>	<p>NUTR 213: Social Media for Health and Nutrition Communication • 1.5CR, FALL</p> <p>NUTR 306: Communicating Health Information to Diverse Audiences • 3CR, FALL</p>	<p>NUTC 230: Interpreting Nutrition Evidence • 3CR, SPR</p> <p>.....</p> <p>NUTC 285: Current Controversies in Nutrition Science • 3CR, SUM</p> <p>Public Speaking for Managers***</p>

Skills and Knowledge Gained

Apply behavioral and communications theories and strategies to develop accessible health messaging for diverse audiences; Evaluate a communications campaign; Develop engaging and effective food and nutrition messages across various technologies, platforms, and channels.; Apply behavioral theories to inform the design, implementation, and evaluation of food and nutrition communication initiatives; Develop and/or adapt communication initiatives to be culturally appropriate and relevant.; Skills in data visualization; Ability to succinctly summarize primary and secondary sources for a variety of audiences, technical and non-technical; Learn to find, solicit, and interview primary sources; Understand article structure and guiding and keeping reader attention through the length of an article or paper; Develop a compelling and individual writing voice. Edit, simplify, and clarify text.

*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
 ***Cross listed at Harvard School of Public Health

Nutrition, Diet and Disease Across the Lifecycle

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
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 courses, 6-9CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, FALL	1 course, (3CR, FALL/VARIES)

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR	NUTR 315: Applied Nutritional Biochemistry • 3CR, FALL****	NUTR 346: Simulating Biophysical Processes • 3CR, FALL
NUTR 272: Nutrition, Physical Activity and Health • 3CR, SPR	NUTR 248: Precision Nutrition • 3CR, SPR	NUTR 374: Advanced Clinical Nutrition Practice in Kidney Disease • 3CR, FALL
NUTR 301: Nutrition in the Lifecycle • 1.5CR, SPR	NUTR 309: Biostatistics 2 • 3CR, SPR OR NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR OR NUTB 350: Biostatistics for Health Professionals II • 3CR, SPR	NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence • 3CR, SPR
NUTR 312: Nutrition and Chronic Disease • 1.5CR, SPR	NUTB 316: Advanced Medical Nutrition Therapy • 3CR, SUM	NUTR 348: Biomedical Data Science • 1.5CR, SPR
		NUTC 270: Nutrition, Health and Disease II: Adulthood • 3CR, SUM
		NUTR 374: Advanced Clinical Nutrition Practice in Kidney Disease • 3CR, FALL

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

Nutrition Entrepreneurship and Innovation

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Fundamentals of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
<i>1 course, (3CR, FALL/SPR/SUM)</i>	<i>1 course (3CR, FALL)</i>	<i>1 course (VARIES)</i>	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 280: Nutrition and Entrepreneurship: Idea to Impact • 4.5CR, FALL NUTR 284: Food Law and Regulation • 3CR, SPR*** NUTR 393: Data Visualization and Effective Communication • 3CR, SPR***	NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPR	NUTR 213: Social Media for Health and Nutrition Communication • 1.5CR, FALL NUTR 306: Communicating Health Information to Diverse Audiences • 3CR, FALL NUTR 273: Social Psychology of Eating Behavior • 3CR, SPR

Skills and Knowledge Gained

Create a complete business plan, including financials, pitch decks, and strategy development; Gain practical insights into entrepreneurship while learning from industry experts; Strengthen leadership and teamwork skills through collaborative projects and presentations; Ensure students are seen as industry-ready, not just policy-focused; Learning to identify problems (instead of just jumping to solutions); Teamwork, presenting skills, and breaking down startup impostor syndrome; Getting comfortable hearing different perspectives, taking criticism, and networking; Integrating private sector insights to build on the deep policy and macro learning; General understanding of the principles of entrepreneurship and innovation; Key legal and regulatory underpinnings of the food business across the supply chain

*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

*** Waivers for substitution encouraged for cross-registration

Nutrition Equity

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Fundamentals of Nutrition Science OR NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203: Fundamentals of Nutrition Policy and Programs	Internship directed study, practicum, job, or other non-classroom experience
<i>1-2 courses</i> 3-6 CR, FALL/SPR	<i>1 course</i> 3CR, FALL	<i>1 course</i> 3CR, FALL	<i>Minimum of 120 hours</i>

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 238: Economics of Food, Agriculture and Nutrition • 3CR, FALL NUTR 285: Food Justice: Critical Approaches in Policy and Planning • 3CR, FALL NUTR 303: Determinants of US Food Policy • 3CR, FALL OR NUTR 304: Nutrition, Food Security, and Development • 3CR, FALL NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR	NUTR 228: Community and Public Health Nutrition • 3CR, FALL OR NUTR 227: International Nutrition Programs • 3CR, FALL NUTR 210: Survey Research in Nutrition • 3CR, SPR NUTR 274: Ethics and Community-Engaged Research • 3CR, SPR	PH 210 - Law in Public Health • 3CR, FALL NUTR 330: Anthropology of Food and Nutrition • 3CR, SPR PH 246 - Public Health Advocacy PH 262: GIS for Public Health • 3CR, SPR PH 290: Qualitative Methods and Data Analysis • 3CR, SPR

Skills and Knowledge Gained

Understand historical and structural factors that result in inequitable systems; Understand how to design interventions to address inequities; Be able to apply an equity lens to all aspects of the research process; Assess social determinants of health and their relationship to food security; Demonstrate the ability to apply health equity frameworks and solutions to food and nutrition-associated programs and policies; Demonstrate ability to use cultural adaptations and culturally humble approaches; Develop engagement, empowerment, and advocacy skills and strategies for accelerating nutrition equity

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



Online
Master of Science

nutrition.tufts.edu

There is no “typical” student journey at The Friedman School, so this is intended to give a general overview of the choices available to all online MS students. We encourage you to work with your advisor to design the pathway that works for you.

At a glance

- 30 credits, 10 courses
- 1 year full-time or 2 years part-time

Friedman Online Core

Nutrition Science	Quantitative reasoning	Policy and programs	Experiential Learning
Foundational knowledge on the impact of nutrition on biologic functions and human health	Tools and skills for interpreting and understanding scientific analyses	Understanding mechanisms and functions of policy processes and initiatives (e.g., laws, regulations, programs)	Hands-on practical experience to enhance the in-class learning experience
1-2 courses, 3-6 credits*	1 course, 3 credits	1 course, 3 credits*	Minimum of 120 hours

Specialization and Elective Coursework

Specialization (3 courses, 9 credits)	Elective courses
Students must choose one specialization from a list of four, and complete at least 9 credits in that area. Students may also choose to build their own specialization with guidance from their academic advisor.	After completing their specialization, students must complete a remaining 6-9 credits of other elective coursework, which may include courses within their area of specialization, or from a totally separate discipline

Experiential Learning

Overview	Examples
All MS students must complete a minimum of 120 hours of experiential learning. Students must propose and obtain approval for the project from both their project sponsor and academic advisor.	<ul style="list-style-type: none"> • Internship • Practicum • Research Assistantship • Master’s Thesis • Current Work Experience • Immersive Experience

*Varies, depending on the specialization

Viewbook last updated 01/13/2026. Please note that what is listed on the following pages may be subject to change as course offerings may change over time.

Friedman Online Core*

Nutrition science*	Quantitative reasoning	Policy and programs	Experiential learning
NUTC 202: Fundamentals of Nutrition Science OR NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients OR NUTR 370/371: Nutritional Biochemistry and Physiology: Macro & Micronutrients	NUTB 250: Statistical Methods for Health Professionals I	Understanding mechanisms and functions of policy processes and initiatives (e.g., laws, regulations, programs). Courses that fulfill the requirement are indicated by double asterisk (**) below.	Hands-on practical experience to enhance the in-class learning experience
1-2 courses 3-6CR, FALL/SPR	1 course 3CR, FALL	1 course, 3CR, VARIES	Minimum of 120 hours

Course Options by Specialization

Nutrition Science and Policy

- NUTB 219: Food Science Fundamentals • 1.5CR, FALL
- NUTB 243: Nutrition, Brain, and Behavior • 1.5CR, FALL
-
- NUTB 204: Epidemiology for Nutrition Professionals • 3CR, SPR
- NUTB 227: Global Nutrition Programs • 3CR, SPR
- NUTB 238: Economics of Food, Agriculture and Nutrition** • 3CR, SPR
- NUTB 350: Statistical Methods for Health Professionals II • 3CR, SPR
-
- NUTB 206: Global Food and Nutrition Policy** • 3CR, SUM
- NUTB or NUTC 211: Theories of Behavior Change • 3CR, SUM/SPR
- NUTB 316: Advanced Medical Nutrition Therapy • 3CR, SUM
- NUTB 300: Thesis: Research Methods and Proposal Writing Practicum • 3CR, SUM

Climate, Sustainability, and Food

- NUTC 261: Sustainability on the Farm • 3CR, FALL
- NUTR ON 256: Climate Change: Risk and Adaptation for Food Systems and Beyond • 3CR, FALL
-
- NUTC 262: Sustainable Food Systems and Markets • 3CR, SPR
- NUTR ON234: Climate, Agriculture, and Food Policy • 3CR, SPR
-
- NUTC 263: Sustainability and the Food Consumer • 3CR, SUM

* Please speak with your advisor prior to registration to determine the appropriate nutrition course(s) for your specialization.
 **Fulfills policy course requirement

Friedman Online Core*

Nutrition science*	Quantitative reasoning	Policy and programs	Experiential learning
NUTC 202: Fundamentals of Nutrition Science OR NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients OR NUTR 370/371: Nutritional Biochemistry and Physiology: Macro & Micronutrients	NUTB 250: Statistical Methods for Health Professionals I	Understanding mechanisms and functions of policy processes and initiatives (e.g., laws, regulations, programs). Courses that fulfill the requirement are indicated by double asterisk (**) below.	Hands-on practical experience to enhance the in-class learning experience
<i>1-2 courses, 3-6 credits</i>	<i>1 course, 3 credits</i>	<i>1 course, 3 credits</i>	<i>Minimum of 120 hours</i>

Course Options by Specialization

Data Analytics and AI	Humanitarian Assistance
NUTB 250: Statistical Methods for Health Professionals I • 3CR, FALL NUTR ON390: Introduction to AI-Based Applications for Nutrition and Health Research • 3CR, FALL NUTB 350: Statistical Methods for Health Professionals II • 3CR, SPR NUTR ON393: Data Visualization • 3CR, SPR NUTR ON237: Data Management Using SAS • 3CR, SUM	NUTR ON222: Gender and Intersectional Analysis in Humanitarian Assistance • 1.5 CR, FALL** NUTR ON223: Protection in Humanitarian Assistance • 1.5 CR, FALL** NUTR ON339: Livelihoods, Food Security and Nutrition • 1.5 CR, FALL NUTR ON340: Famine, Severe Food Insecurity and Mass Starvation • 1.5 CR, FALL NUTR ON229: Humanitarian Action: Past, Present, Future • 3 CR, SPR <i>Humanitarian Diplomacy and Negotiation for Access and Advocacy: From Checkpoints to UN Security Council#</i> <i>International Law and Humanitarian Assistance #</i>

* Please speak with your advisor prior to registration to determine the appropriate nutrition course(s) for your specialization.

**Fulfills policy course requirement

#Course currently in development

EXAMPLE: Online MS: Nutrition Science and Policy

EXAMPLE: NSP Specialization Friedman Core (15 credits)

Nutrition science*	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 370/371: Nutritional Biochemistry and Physiology: Macro & Micronutrients OR NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTB 250: Statistical Methods for Health Professionals I	NUTB 206: Global Food and Nutrition Policy	Internship directed study, practicum, job, or other non-classroom experience
2 courses, 6CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, SUM	Approx. 120 hours

EXAMPLE: NSP Specialization Courses and Electives

Required courses (9 credits)	Elective coursework (choose 6 credits from list below)*#
NUTB 204: Epidemiology for Nutrition Professionals • 3CR, SPR NUTB 350: Statistical Methods for Health Professionals II • 3CR, SPR NUTB 300: Thesis: Research Methods and Proposal Writing Practicum • 3CR, SUM	NUTB 211: Theories of Behavior Change • 3CR, SUM NUTB 219: Food Science Fundamentals • 1.5CR, FALL NUTB 243: Nutrition, Brain, and Behavior • 1.5CR, FALL NUTB 227: Global Nutrition Programs • 3CR, SPR NUTB or NUTR 238: Economics of Food, Agriculture and Nutrition • 3CR, SPR; 3CR, FALL NUTR 397: Directed Study • 3CR, VARIES

*Students should consult with their academic advisor to identify which course(s) best align with their academic goals.

#Students may also consider courses from three other specializations or graduate certificate program with advisor consultation.