Food Is Medicine

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

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTC 202: Principles of Nutrition Science **OR** NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients **OR** NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy **OR** NUTR 206: Biostatistics 1	NUTR 203 **OR** NUTR 215 **OR** NUTR 238 **OR** NUTR ON 206**	Internship directed study, practicum, job, or other non-classroom experience
1 course **(3CR, FALL/SPR/SUM)** **OR** *2 courses* **(6CR, FALL/SPR)**	*1 course* **(3CR, FALL)**	*1 course* **(3CR, FALL)**	*Minimum of 120 hours*

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR XXX: Foundations of Food is Medicine • **3CR, FALL** NUTR 312: Nutrition and Chronic Disease • **1.5 CR, FALL** NUTR 255: Culinary Medicine • **1.5CR, FALL** NUTR 204: Principles of Epidemiology • **3CR, FALL/SPR** NUTR or NUTR ON or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • **3CR, FALL/SPR/SUM**	NUTR 228: Community and Public Health Nutrition • **3CR, FALL** NUTR 238: Economics of Food, Agriculture and Nutrition • **3CR, FALL** NUTR 305: Nutritional Epidemiology • **3CR, FALL** NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • **3CR, SPR** NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence • **3CR, SPR** NUTC 270: Nutrition, Health, and Disease II: Adulthood • **3CR, SUM**	NUTR 233: Agricultural Science and Policy I • **3CR, SPR** NUTR ON 390: Introduction to AI-Based Applications for Nutrition and Health Research • **3CR, FALL** NUTR 218: Communications Strategies in Nutrition and Health Promotion • **3CR, SPR** NUTC 230: Interpreting Nutrition Evidence • **3CR, SPR** NUTR 319: Intermediate Epidemiology • **3CR, SPR** NUTR 272: Nutrition, Physical Activity and Health • **3CR, SPR**

*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 ; NUTR ON 206: Global Nutrition Policy and Programs
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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Skills and Knowledge Gained

Through required coursework spanning nutrition science, behavior change, culinary medicine, epidemiology, quantitative methods, policy development, and program implementation, students will develop a shared foundation for understanding, designing, and evaluating evidence-based Food is Medicine interventions. Students completing the specialization will develop the skills to:

- **Understand Food is Medicine approaches and their applications**. Describe major Food is Medicine programs and examine their roles in integrating food and nutrition into healthcare.
- **Apply nutrition science to chronic disease prevention and management**. Explain the relationships among diet, nutrition, and chronic disease, and use this knowledge to inform Food is Medicine intervention design.
- **Translate nutrition evidence into practical, actionable strategies**. Apply culinary medicine and nutrition counseling principles to connect evidence-based dietary recommendations with food selection, meal preparation, and culturally responsive approaches that consider affordability, accessibility, and individual preferences.
- **Apply theories of behavior change**. Identify factors influencing dietary behaviors and use established theoretical frameworks to design interventions that support healthier eating and sustained behavior change.
- **Critically assess and evaluate scientific evidence**. Apply foundational epidemiologic concepts to interpret research, recognize potential sources of bias and confounding, and identify appropriate study designs and outcome measures for evaluating Food is Medicine interventions.

To build on these core competencies, students are strongly encouraged to select recommended courses from each of four complementary areas: **clinical nutrition; research and evaluation; community and equity; and healthcare systems and food policy**. Coursework across these areas will help students develop the multidisciplinary perspective needed to address the clinical, methodological, social, and organizational dimensions of Food is Medicine. Students may also pursue greater depth in selected areas according to their interests and career goals.

Together with experiential learning, the specialization will prepare students to contribute to Food is Medicine initiatives across healthcare, public health, research, policy, and community settings. Students should work with their academic advisor to select courses and experiential learning opportunities that support their professional goals and broaden their interdisciplinary expertise.