Tufts UNIVERSITY

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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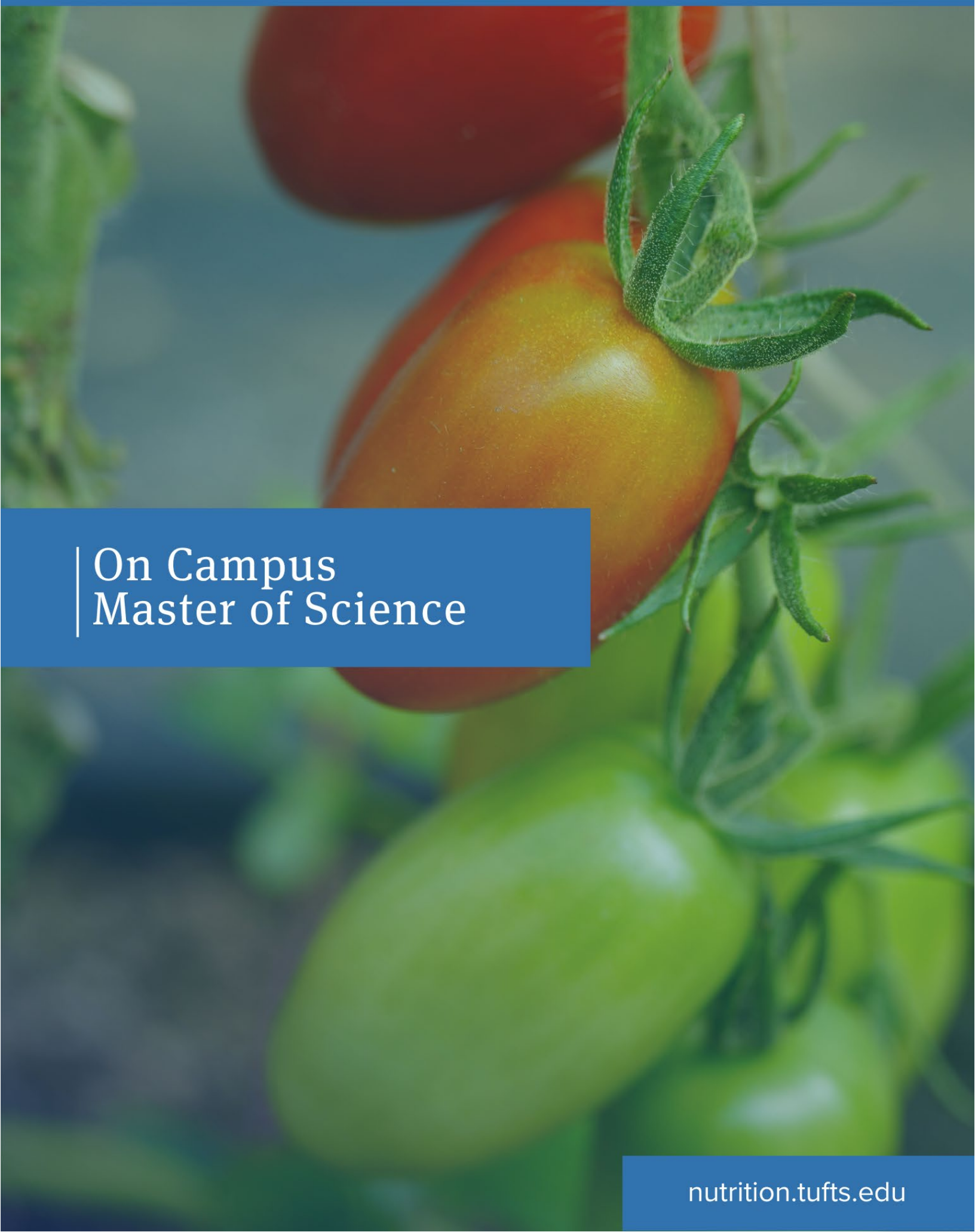

On Campus Master of Science

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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
*1 or 2 courses, 3-9 credits**	*1 course, 3 credits*	*1 course, 3 credits**	*Minimum of 120 hours*

**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 10/23/2026. 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)	Elective courses
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*	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.

**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.*

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 (12 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
2 courses, **(6CR, FALL,SPR)**	*1 course,* **(3CR, FALL)**	*1 course,* **(3CR, FALL)**	*Minimum of 120 hours*

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

Required courses (12 credits)	Elective coursework (0 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**	

Specialization 2: Community Interventions and Behavior Change

Required courses (12 credits)	Elective coursework (3 credits)
NUTR 204: Principles of Epidemiology • **3CR, FALL/SPR**	NUTR 307: Regression Analysis for Nutrition Science and Policy • **3CR, 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 (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 (13.5 credits)

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients NUTR 372: Molecular Nutrition: Macronutrients	NUTR 206: Biostatistics 1	NUTR 238: Economics of Food, Agriculture and Nutrition	Internship directed study, practicum, job, or other non-classroom experience
3 courses, **(7.5CR, FALL/SPR)**	*1 course,* **(3CR, FALL)**	*1 course,* **(3CR, FALL)**	*Minimum of 120 hours*

Specialization 1: Biochemical and Molecular Nutrition (BMN)

Required courses (12 credits)	Elective coursework (3 credits)
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** NUTR 312: Nutrition and Chronic Disease • **1.5CR, SPR**

Specialization 2: Nutrition Entrepreneurship and Innovation

Required courses (10.5 credits)	Recommended coursework (3 credits)
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**

Sample Pathway 3: Food is Medicine and Nutritional Epidemiology and Public Health Nutrition

Friedman Core (12 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 OR NUTR 206: Biostatistics 1	NUTR 238: Economics of Food, Agriculture and Nutrition	Internship directed study, practicum, job, or other non-classroom experience
2 courses, **(6CR, FALL, SPR)**	*1 course,* **(3CR, FALL)**	*1 course,* **(3CR, FALL)**	*Minimum of 120 hours*

Specialization 1: Food is Medicine

Required courses (12 credits)	Elective coursework (3 credits)
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 217: Monitoring and Evaluation of Nutrition and Food Security Projects • **3CR, SPR**

Specialization 2: Nutritional Epidemiology and Public Health Nutrition

Required courses (9 credits)	Elective coursework (3 credits)
NUTR 305: Nutritional Epidemiology • **3CR, FALL** NUTR 309: Biostatistics II • **3CR, SPR** NUTR 319: Intermediate Epidemiology • **3CR, SPR**	NUTR 228: Community and Public Health Nutrition • **3CR, FALL**

Agriculture, Food, and Environment

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 202: Principles 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
1 course, (3CR, FALL/SPR/SUM)	*1 course,* (3CR, FALL)	*1 course,* (3CR, FALL)	*Minimum of 120 hours*

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 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.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

Biochemical and Molecular Nutrition*

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Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients/ Micronutrients NUTR 372: Molecular Nutrition: Macronutrients	NUTR 206: Biostatistics 1	NUTR 203 OR NUTR 215 OR NUTR 238 OR NUTR ON 206**	NUTR 236: Practicum in Bioresearch Techniques OR NUTR 397 Directed Study OR Internship, job, or other non classroom experience***
3 courses, **(7.5 CR, FALL/SPR)**	*1 course,* **(3CR, FALL)**	*1 course,* **(3CR, VARIES)**	*1 course,* **(3CR, FALL/VARIES)**

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****** NUTR ON 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** NUTR ON 316: Advanced Medical Nutrition Therapy • **3CR, SUM**	NUTR 305: Nutritional Epidemiology • **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.

Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering. *Additional notes on this specialization are available on the following page.*

Biochemical and Molecular Nutrition* (continued)

*This specialization is particularly appropriate for students who want to pursue a PhD. Some courses may require prerequisites beyond the school-wide requirements (e.g., graduate or undergraduate general biochemistry; see full list here); 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

** NUTR 203: 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

***Options listed here are *suggested*, not required, provided a minimum of 120 hours of advisor-approved experiential learning has been met

**** NUTR225: Introduction to Modern Biology Techniques is currently offered every other year, with the most recent offering in Fall 2026

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

Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

Climate, Sustainability, and Food

Friedman Core*

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

Specialization Requirements

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

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 if 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.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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 **OR** NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 **OR** NUTR 215 **OR** NUTR 238 **OR** 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
NUTR 204: Principles of Epidemiology • **3CR, FALL/SPR** NUTR 228: Community and Public Health Nutrition • **3CR, FALL** NUTR or NUTB or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • **3CR, SPR** NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • **3CR, SPR**	NUTR 307: Regression Analysis for Nutrition Science and Policy • **3CR, SPR** NUTR 310: Qualitative Research Methods for Nutrition • **3CR, SPR**	PH 210: Law in Public Health • **3CR, FALL** PH 262: GIS for Public Health • **3CR, SPR** NUTR 273: Social Psychology of Eating Behavior • **3CR, SPR** PH 290: Qualitative Methods and Data Analysis • **3CR, SPR** NUTC 212: Developing Equitable, Inclusive Community Environments for Physical Activity • **3CR, SUM** NUTB 227: Global Nutrition Programs • **3CR, SUM** PH 246: Public Health Advocacy • **VARIES**

*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
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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 OR NUTR 215 OR NUTR 238 OR NUTR ON 206**	Project-based coursework, internship directed study, 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
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 305: Nutritional Epidemiology • **3CR, FALL** NUTR 309: Biostatistics 2 • **3CR, SPR** NUTR 240: Nutrition Science Journal Club • **0CR, SPR** NUTR 319: Intermediate Epidemiology • **3CR, SPR**	NUTR 231: Fundamentals of Geographic Information Systems (GIS) • **3CR, FALL** PH 291: Analysis of Multilevel & Longitudinal Data • **VARIES** NUTR 375: Applied Genetic Epidemiology and Biostatistics in Nutrition Research • **3CR, SPR**

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 ; 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.

Food Policy, Programs, and Economics

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Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR OR NUTC 202: Principles 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
1 course **(3CR, FALL/SPR/SUM)** OR *2 courses* **(6CR, FALL/SPRING)**	*1 course* **(3CR, FALL)**	*1 course* **(3CR, FALL)**	*Minimum of 120 hours*

Specialization Requirements

Required courses

NUTR OR NUTR ON 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**

Recommended courses

NUTR 227: International Nutrition Programs • **3CR, FALL**

NUTR 228: Community and Public Health Nutrition • **3CR, FALL**

NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • **3CR, SPR**

Related courses

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.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

Food Is Medicine

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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.

Humanitarian Assistance

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Friedman Core*

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

Specialization Requirements

Required courses	Recommended courses***	Related courses
NUTR ON229: Humanitarian Action: Past, Present, Future • **3 CR, SPR** NUTR 308: Nutrition in Emergencies • **3CR, SPR**	NUTR ON222: Gender and Intersectionality in Humanitarian Assistance • **1.5 CR, FALL** NUTR ON223: Protection in Humanitarian Assistance • **1.5 CR, FALL** NUTR ON236 International Law and Humanitarian Assistance • **1.5 CR, 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; NUTR ON 206: Global Nutrition Policy and Programs
***Students may also choose courses from the online Humanitarian Assistance Specialization; see Online MS viewbook for more information.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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 1	NUTR 203 OR NUTR 215 OR NUTR 238 OR NUTR ON 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 237: Data Management Using SAS • **3CR, FALL**	NUTR 301: Nutrition in the Life Cycle • **1.5CR, SPR**
NUTR 305: Nutritional Epidemiology • **3CR, FALL**	NUTR 394: Advanced Data Analysis • **3CR, FALL**	NUTR 312: Nutrition and Chronic Disease • **1.5CR, SPR**
NUTR 309: Biostatistics 2 • **3CR, SPR**	NUTR 228: Community and Public Health Nutrition • **3CR, FALL**	PH 291: Analysis of Multilevel & Longitudinal Data • **VARIES**
NUTR 319: Intermediate Epidemiology • **3CR, SPR**	NUTR 375: Applied Genetic Epidemiology and Biostatistics in Nutrition Research • **3CR, SPR**	NUTR 272: Physical Activity, Nutrition and Health • **3CR, SPR**
	NUTR 393: Data Visualization and Effective Communication • **3CR, SPR**	NUTR 248: Precision Nutrition • **3CR, SPR**
	NUTR 240: Nutrition Science Journal Club • **0CR, SPR**	NUTR ON 390: Introduction to AI-Based Applications for Nutrition and Health Research • **3CR, FALL**

Skills and Knowledge Gained

Develop skills in study design, dietary assessment, statistical analysis, and causal inference to investigate relationships between nutrition and health. Assess dietary patterns, quantify disease burden, and critically evaluate evidence for bias and confounding. Apply these skills to identify population nutrition needs and disparities, evaluate the role of diet in disease prevention, and translate evidence into dietary recommendations, public health policies, and nutrition 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 ; 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.

Nutrition Communication

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
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	NUTR 203 **OR** NUTR 215 **OR** NUTR 238 **OR** NUTR ON 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
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 322: Writing Well About Food and Nutrition • **3CR, FALL** NUTR 218: Communications Strategies in Nutrition and Health Promotion • **3CR, SPR** ***Either*** NUTR 393: Data Visualization and Effective Communication • **3CR, SPR** ***or*** NUTR 213: Social Media for Health and Nutrition Communication • **1.5CR, FALL**	NUTC 230: Interpreting Nutrition Evidence • **3CR, SPR**	NUTC 285: Current Controversies in Nutrition Science • **3CR, SUM** Public Speaking for Managers***

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.

Nutrition Communication (continued)

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*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
***Cross listed at Harvard School of Public Health
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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** NUTR ON 250: Statistical Methods for Health Professionals I	NUTR 203 **OR** NUTR 215 **OR** NUTR 238 **OR** NUTR ON 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 374: Advanced Clinical Nutrition Practice in Kidney Disease • 3CR, FALL
NUTR 272: Nutrition, Physical Activity and Health • 3CR, SPR	NUTR 248: Precision Nutrition • 3CR, SPR	NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence • 3CR, SPR
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** NUTR ON 350: Biostatistics for Health Professionals II • 3CR, SPR	NUTR 348: Biomedical Data Science • 1.5CR, SPR
NUTR 312: Nutrition and Chronic Disease • 1.5CR, SPR	NUTR ON 316: Advanced Medical Nutrition Therapy • 3CR, SUM	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 ; NUTR ON 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
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

Nutrition Entrepreneurship and Innovation

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Principles of Nutrition Science	NUTR 207: Statistical Methods in Nutrition Science and Policy	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)	*1 course* (3CR, FALL)	*1 course* (VARIES)	*Minimum of 120 hours*

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 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 ; NUTR ON 206: Global Nutrition Policy and Programs
*** Waivers for substitution encouraged for cross-registration
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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Nutrition Equity

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR or NUTC 202: Principles 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
1-2 courses **3-6 CR, FALL/SPR**	*1 course* **3CR, FALL**	*1 course* **3CR, FALL**	*Minimum of 120 hours*

Specialization Requirements

Required 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**

Recommended courses

NUTR 228: Community and Public Health Nutrition • **3CR, FALL** OR NUTR 227: International Nutrition Programs • **3CR, FALL**

NUTR 274: Ethics and Community-Engaged Research • **3CR, SPR**

Related courses

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.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.