Tufts UNIVERSITY

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

Master of Science

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Online Master of Science

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A Typical Student Journey (Online MS)

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

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

*Varies, depending on the specialization

Viewbook last updated 05/28/2026. Please note that what is listed on the following pages may be subject to change as course offerings may change over time.

Specializations and Course Listings

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

Friedman Online Core*

Nutrition science*	Quantitative reasoning	Policy and programs	Experiential learning
NUTC 202: Foundations of Nutrition Science **OR** NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients **OR** NUTR 370/371: Nutritional Biochemistry and Physiology: Macro & Micronutrients	NUTR ON 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

NUTR ON 219: Food Science Fundamentals • **1.5CR, FALL**

NUTR ON 243: Nutrition, Brain, and Behavior • **1.5CR, FALL**

NUTR ON 204: Epidemiology for Nutrition Professionals • **3CR, SPR**

NUTR ON 227: Global Nutrition Programs** • **3CR, SPR**

NUTR ON 238: Economics of Food, Agriculture and Nutrition** • **3CR, SPR**

NUTR ON 350: Statistical Methods for Health Professionals II • **3CR, SPR**

NUTR ON 206: Global Food and Nutrition Policy** • **3CR, SUM**

NUTR ON or NUTC 211: Theories of Behavior Change • **3CR, SUM/SPR**

NUTR ON 316: Advanced Medical Nutrition Therapy • **3CR, SUM**

NUTR ON 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. 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 & Programming; NUTR ON 206: Global Food and Nutrition Policy; NUTR ON 222: Gender and Intersectional Analysis in Humanitarian Assistance ***AND* NUTR ON 223: Protection in Humanitarian Assistance; NUTR ON 227: Global Nutrition Programs; NUTR ON234: Climate, Agriculture, and Food Policy; or NUTR ON 238: Economics of Food, Agriculture and Nutrition

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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1-2 courses, 3-6 credits	*1 course, 3 credits*	*1 course, 3 credits*	*Minimum of 120 hours*

Course Options by Specialization

Data Analytics and AI

NUTR ON 250: Statistical Methods for Health Professionals I • **3CR, FALL**
NUTR ON390: Introduction to AI-Based Applications for Nutrition and Health Research • **3CR, FALL**

NUTR ON 350: Statistical Methods for Health Professionals II • **3CR, SPR**
NUTR ON393: Data Visualization • **3CR, SPR**

NUTR ON237: Data Management Using SAS • **3CR, SUM**

Humanitarian Assistance

NUTR ON222: Gender and Intersectional Analysis in Humanitarian Assistance** • **1.5 CR, FALL**

NUTR ON223: Protection in Humanitarian Assistance** • **1.5 CR, FALL**

NUTR ON 236: International Law and Humanitarian Assistance • **1.5 CR, FALL**

NUTR ON229: Humanitarian Action: Past, Present, Future • **3 CR, SPR**

NUTR ON339: Livelihoods, Food Security and Nutrition • **1.5 CR, SPR**

NUTR ON340: Famine, Severe Food Insecurity and Mass Starvation • **1.5 CR, SPR**

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NUTR 203: Fundamentals of Nutrition Policy & Programming; NUTR ON 206: Global Food and Nutrition Policy; NUTR ON 222: Gender and Intersectional Analysis in Humanitarian Assistance ***AND* NUTR ON 223: Protection in Humanitarian Assistance; NUTR ON 227: Global Nutrition Programs; NUTR ON234: Climate, Agriculture, and Food Policy; or NUTR ON 238: Economics of Food, Agriculture and Nutrition

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Specializations and Course Listings

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

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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: Macro & Micronutrients	NUTR ON 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
2 courses, 6 credits	*1 course, 3 credits*	*1-2 courses, 3 credits*	*Minimum of 120 hours*

Course Options by Specialization

Nutrition Communication

NUTR 322: Writing Well About Food and Nutrition • **3CR, FALL**

NUTR ON or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • **3CR, SPR/SUM**

NUTR 218: Communications Strategies in Nutrition and Health Promotion • **3CR, SPR**

NUTR 393: Data Visualization and Effective Communication • **3CR, SPR**

* Please speak with your advisor prior to registration to determine the appropriate nutrition course(s) for your specialization. Some courses may require prerequisites beyond the school-wide requirements (e.g., graduate or undergraduate general biochemistry; see full list here);
NUTR 203: Fundamentals of Nutrition Policy & Programming; NUTR ON 206: Global Food and Nutrition Policy; NUTR ON 222: Gender and Intersectional Analysis in Humanitarian Assistance ***AND* NUTR ON 223: Protection in Humanitarian Assistance; NUTR ON 227: Global Nutrition Programs; NUTR ON234: Climate, Agriculture, and Food Policy; or NUTR ON 238: Economics of Food, Agriculture and Nutrition
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

Elective Coursework

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 separate discipline.

The Friedman School offers a flexible curriculum taught by our expert faculty. Our online, half- and full-semester courses offer a variety of delivery options to meet the needs of our students, including:

- Hybrid (combination of synchronous and asynchronous instruction)
- 100% synchronous instruction
- 100% asynchronous instruction

In addition to the courses indicated in the specializations above, which may be taken as elective courses, assuming course prerequisites have been met, other elective courses include:

Elective courses include:

NUTR 203: Fundamentals of Nutrition Policy & Programming: How Science & Practice Interact • 3CR, FALL
NUTR 204: Principles of Epidemiology • 3CR, FALL
NUTR 218: Communications Strategies in Nutrition and Health Promotion Nutrition • 3CR, SPR
NUTR 220: Fundamentals of Writing About Nutrition and Health • 1.5CR, SPR
NUTR 248: Precision Nutrition • 3CR, SPRING
NUTR 273: Social Psychology of Eating Behavior • 3CR, SPRING
NUTR 274: Ethics & Community Engaged Research • 3CR, SPRING
NUTR 278: Corporate Social Responsibility in the Food Industry • 3CR, SPRING
NUTR 305: Nutritional Epidemiology • 3CR, FALL
NUTR 310: Qualitative Research Methods for Nutrition • 3CR, SPR
NUTR 312: Nutrition and Chronic Disease • 3CR, SPR
NUTR 322: Writing Well About Food and Nutrition • 3CR, SPR
NUTR 330: Anthropology of Food and Nutrition • 3CR, SPR
NUTR 370: Nutritional Biochemistry and Physiology: Macronutrients • 3CR, SPR
NUTR 371: Nutritional Biochemistry and Physiology: Micronutrients • 3CR, SPR
NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence • 3CR, SPR
NUTC 270: Nutrition, Health, and Disease II: Adulthood and Aging • 3CR, SUM
NUTC 230: Interpreting Nutrition Evidence • 3CR, SPR
NUTC 205: Nutrition-Related Consumer Marketing • 3CR, SUM
NUTC 212: Developing Equitable, Inclusive Community Environments for Physical Activity • 3CR, SUM
NUTC 285: Current Controversies in Nutrition Science • 3CR, SUM
NUTR ON 288: Customer Discovery and Innovation "Foraging for Market Fit" • 3CR, SUM

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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	NUTR ON 250: Statistical Methods for Health Professionals I	NUTR ON 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)*#**
NUTR ON 204: Epidemiology for Nutrition Professionals • 3CR, SPR	NUTR ON 211: Theories of Behavior Change • 3CR, SUM
NUTR ON 350: Statistical Methods for Health Professionals II • 3CR, SPR	NUTR ON 219: Food Science Fundamentals • 1.5CR, FALL
NUTR ON 300: Thesis: Research Methods and Proposal Writing Practicum • 3CR, SUM	NUTR ON 243: Nutrition, Brain, and Behavior • 1.5CR, FALL
	NUTR ON 227: Global Nutrition Programs • 3CR, SPR
	NUTR ON 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.
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.