

# Enhance your major with a minor focused on nutrition!

## Nutritional Sciences Minor

▶ **Add substance to** complement your major & increase your skill set!

▶ **Competitive edge**— nutrition knowledge is relevant to many careers.

▶ **Follow your passion**— learn more about how food & nutrition impact health.

Medicine, health care policy and promotion, global relationships, issues in anthropology and sociology, exercise science, food systems, hospitality, and behavioral health all impact nutrition. You may be studying one of these fields.

A nutrition minor will help you know how your field impacts nutrition. You may be studying an unrelated field but because you care about your health and well-being, learning more about nutrition will be a positive influence on your success.

A variety of courses are available to complete the requirements for the Nutritional Sciences minor. A complete listing of courses can be found at [www.rit.edu/NUTRminor](http://www.rit.edu/NUTRminor).

### PATHWAY TO A NUTRITIONAL SCIENCES MINOR

#### Required Courses

Foundations of Nutritional Sciences NUTR-215 (3 credits)

*Choose one of the following course sequences*

Human Anatomy & Physiology I  
MEDS-250 (4 credits)

Human Anatomy & Physiology II  
MEDS-251 (4 credits)

Human Biology I  
MEDG-101 (3 credits)

Human Biology I Lab  
MEDG-103 (1 credit)

**OR**

Human Biology II  
MEDG-102 (3 credits)

Human Biology II Lab  
MEDG-104 (1 credit)

#### Elective Courses

*Choose two of the following; one course must be NUTR.*

Science in the Garden BIOL-111 (3 credits)

Biology of Plants BIOL-218 (3 credits)

Plants, Medicine & Technology BIOL-305 (3 credits)

Fundamentals of Plant Biochem & Pathology BIOL-403 (3 credits)

Animal Nutrition BIOL-414 (3 credits)

Spirituality, Religion and Medicine DCHP 301 (3 credits)

Principles of Food Production & Service HSPT-215 (3 credits)

Complementary & Integrative Approaches  
for Well-being NUTR-205 (3 credits)

Sports Nutrition NUTR-300 (3 credits)

Nutrition Education for Health Professionals NUTR-333 (3 credits)

Integrative Approaches to Health NUTR-510 (1 credits)

Medical Nutrition Therapy I NUTR-525 (3 credits)

Medical Nutrition Therapy II NUTR-526 (3 credits)

Nutrition Throughout the Lifecycle NUTR-555 (4 credits)

Global Food & Nutrition Perspectives NUTR-580 (3 credits)



Contact Dr. Ruder to learn more!

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- ▶ Elizabeth.Ruder@rit.edu
- ▶ [www.rit.edu/NUTRminor](http://www.rit.edu/NUTRminor)

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**RIT** | College of Health Sciences and Technology  
**Wegmans School of Health and Nutrition**

Information is effective August, 2023.

NS Minor requirements subject to change.

This minor is not available to students majoring in Dietetics & Nutrition or Nutritional Sciences.