

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.



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 Biology I
MEDG-101 (3 credits)

Human Anatomy & Physiology II
MEDS-251 (4 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)

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)

Techniques in Dietetic Education

NUTR-333 (3 credits)

Integrative Approaches to Health

NUTR-510 (3 credits)

Medical Nutrition Therapy I

NUTR-525 (3 credits)

Medical Nutrition Therapy II

NUTR-526 (3 credits)

Life Cycle Nutrition

NUTR-554 (4 credits)

Global Food & Nutrition Perspectives

NUTR-580 (3 credits)

Contact Dr. Ruder to learn more!

📞 585.475.2402

✉ Elizabeth.Ruder@rit.edu

🌐 www.rit.edu/NUTRminor

Follow us on social media!

🐦 @needs_WSHN

📘 facebook.com/WSHNneeds

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

Information is effective October, 2021.

NS Minor requirements subject to change.

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