

NUTRITION AND HEALTH MINOR

College of Agriculture and Life Sciences, College of Human Ecology

Program Website (<https://www.human.cornell.edu/dns/academics/undergraduateminors/nutritionhealth/>)

Program Description

The Division of Nutritional Sciences (DNS) offers the Nutrition and Health minor to Cornell students who are not enrolled in DNS major programs of NS-CALS, NS-CHE, HBHS, GPHS-CALS, GPHS-CHE, and Biological Sciences with a Concentration in Human Nutrition. The minor allows students to choose from courses concerned with human health and nutrition, economic influences on human nutrition, epidemiology and public health, food quality and food service management, nutritional biochemistry, and the psychological and social influences on human nutrition.

Minor Requirements

| Code | Title | Hours |
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| Required | | |

Select one of the following:

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| NS 1150 | Nutrition, Health, and Society |
| NS 1220 | Nutrition and the Life Cycle |

| Code | Title | Hours |
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| Upper Level NS Courses | | |

At least 9 credits of upper-level NS courses from the list below:

Global Perspectives on Human Health

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| NS 3060 | Nutrition and Global Health |
| NS 4450 | Toward a Sustainable Global Food System: Food Policy for Developing Countries |
| NS 4480 | Economics of Food and Malnutrition |
| NS 4570 | Health, Poverty, and Inequality: A Global Perspective |

Public Health and Nutrition

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| NS 3600 | Epidemiology |
| NS 4500 | Public Health Nutrition |
| NS 4510 | Nutrition and Health Equity |

Food Quality and Food Service Management

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| NS 2470 | Food for Contemporary Living |
| NS 3450 | Introduction to Physiochemical and Biological Aspects of Foods |

Human Health and Nutrition

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| NS 3150 | Obesity and the Regulation of Body Weight |
| NS 3410 | Human Anatomy and Physiology |
| NS 4140 | Maternal and Child Nutrition and Health |
| NS 4200 | Diet and the Microbiome |
| NS 4210 | Precision Nutrition and Health |
| NS 4330 | Nutrition and the Brain |
| NS 4410 | Nutrition and Disease |
| NS 4420 | Implementation of Nutrition Care |
| NS 5510 | Nutrition Assessment |

Nutritional Biochemistry

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| NS 3200 | Introduction to Human Biochemistry |
| NS 3310 | Human Nutrition and Nutrient Metabolism |
| NS 3320 | Methods in Nutritional Sciences |
| NS 4300 | Proteins, Transcripts, and Metabolism: Big Data in Molecular Nutrition |

Psychological and Social Influences on Human Nutrition

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| NS 2450 | Social Science Perspectives on Food and Nutrition |
| NS 4250 | Nutrition Communications and Counseling |

Important notes:

1. All courses must be completed for a letter grade (not S/U grading).
2. Only external transfer students may petition to substitute a transfer course for the introductory nutrition requirement
3. No transfer courses or special studies credits (i.e. NS 4000, NS 4010, NS 4020, NS 4030, or NS 4990) may be used toward the 9-credit elective requirement
4. Some NS courses do not count toward the Nutrition and Health minor, including NS 2600. Please carefully review the requirements above. Questions may be directed to DNS Student Services at dnsstudentservices@cornell.edu.