Nutrition plays an important role in how we manage health issues such as obesity, fight diseases such as diabetes and maintain overall wellness. Those interested in public health, medical careers and international health care will benefit from understanding the science of nutrition and the relationships between nutrients and human health.
The nutritional sciences major emphasizes intensive study in biological and physical sciences as a foundation for understanding the science of nutrition and the relationships between food, nutrients and human health. This perspective prepares graduates well for employment in public health or for continued study in graduate programs or professional medical schools. Course requirements for nutritional sciences include the study of energy metabolism, proteins, vitamins, minerals, community nutrition, and diet in the prevention and treatment of diseases.

Students choose one of the following concentrations. Elective courses in each track allow students to customize the program to suit their interests and career goals.

- **Biomedical and molecular nutrition** – This track is designed to meet the admissions requirements of most medical, dental and paramedical colleges and related graduate programs. Students will gain an advanced understanding of human nutrition as it relates to chronic disease prevention and overall human health.

- **Global nutrition and health** – This track focuses on the global, systems aspects of nutrition in the context of sustainability, food security and agricultural systems. Students will learn about effective policy, program planning and evaluation as well as intercultural communication.

- **Public health nutrition** – Students in this track will develop skills in biostatistics, epidemiology, and program planning and evaluation in the context of nutrition and population health. Sociology, social policy and social justice topics are woven into the curriculum to prepare graduates for graduate school in public health and work in public health agencies.

### Core Areas of Study
- Human nutrition and metabolism
- Food science
- Sustainable agricultural and food systems
- Nutrition research methods
- Nutrition in prevention and treatment of disease

### Supporting Discipline Courses
- Biochemistry, cell and molecular biology
- Human physiology
- Statistics and data analysis
- Oral and written communication

### Experiential Learning
All students in the nutritional sciences major will complete a minimum of three credits in experiential learning approved by the program advisor and consistent with meeting the student's individual educational goals. Examples of experiential learning activities include approved study abroad programs, service projects, research experiences, internships or approved independent studies.

### Career Opportunities
- Public health organizations
- Biotechnology and life sciences industries
- Food industry
- Corporate wellness and health promotion
- Pharmaceutical sales
- Federal, state and local government agencies
- Non-profit and non-governmental organizations
- Research organizations
- Graduate and professional schools
- Peace Corps

### Scholarships
The Department of Food Science and Human Nutrition awards more than $300,000 in undergraduate scholarships each year; approximately one-third of that goes to students majoring in nutritional sciences. Visit the department website for more information (www.fshn.msu.edu).

For more information about this major visit [www.canr.msu.edu/majors](http://www.canr.msu.edu/majors) or contact:

**Department of Food Science and Human Nutrition**

469 Wilson Rd., Room 106

East Lansing, MI 48824

[www.fshn.msu.edu](http://www.fshn.msu.edu)

**Academic Advisor/Faculty**

Dr. Jennifer Ekstrom

ekstrom@msu.edu

Phone: 517-353-3317

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