

NUTRITION MINOR

The Nutrition minor provides students with a foundation of knowledge in nutritional sciences, food systems, and food studies and their relationships to population health.

Through an examination of food and nutrition policies and practices affecting sustainable diets and long-term health, students gain a multidisciplinary perspective of the food environment, including the interplay of food and nutrition, human behavior, business, culture, and the environment. Students access evidence-based information and become informed consumers, while also applying these skills to their main area of study.





COURSE REQUIREMENTS

Core *(5 credits)*
NUTR 200 Nutrition for Today (5)
NUTR 400 Food Systems Seminar (1)

Electives *(20 credits)*
Choose from among approved courses in NUTR, ANTH, ENV H, EPI, and GEOG

ADDITIONAL REQUIREMENTS

- Minimum 13 credits from the School of Public Health
- Minimum 15 credits of upper-division courses
- Minimum 15 credits in residence
- Minimum 15 credits outside the student's major
- Minimum cumulative 2.0 GPA
- Declare the minor with your major adviser (minimum 45 completed credits before declaring)

CONTACT

Food Systems, Nutrition, and Health
Student and Academic Services

ugnutr@uw.edu

foodsystems.uw.edu