

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
Required		

Select one of the following:

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

Code	Title	Hours
Upper Level NS Courses		

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

Global Perspectives on Human Health

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

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

Food Quality and Food Service Management

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

Human Health and Nutrition

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

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

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.