DEPARTMENT OF NUTRITION

Contact Information
Department of Nutrition
Visit Program Website (http://www.sph.unc.edu/nutr/degrees)
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General Student Inquiries
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Introduction
The Department of Nutrition is one of the top-ranked nutrition departments in the county. The curriculum offers a wide range of courses on the nutritional and epidemiological aspects of human diseases.

Advising
All majors have a primary academic advisor in the department. Undergraduate students are encouraged to regularly review their Tar Heel Tracker each semester. Advisors, the program director, and the Office of Student Affairs staff work with current and prospective majors by appointment (see contact information above). Departmental academic advising is particularly important for those majors who are considering going on to graduate school. Further information on courses, undergraduate research opportunities, the honors program, careers, and graduate schools may be obtained from the department’s Web site.

Major

- Nutrition Major, B.S.P.H. (http://catalog.unc.edu/undergraduate/programs-study/nutrition-major-bsph)

Professors
Linda S. Adair, Alice Ammerman, Melinda Beck, Margaret Bentley, Cynthia Bulik, Rosalind A. Coleman, Penny Gordon-Larsen, Anthony Hackney, Stephen Hursting, Mark Koruda, Sergey Krupenko, Kay Lund, Leslie Lytle, Nobuyo Maeda, Elizabeth Mayer-Davis, Barry M. Popkin, Susan Smith, June Stevens, Miroslav Styblo, Susan Sumner, James Swenberg, Deborah Tate, Dianne S. Ward, Steven H. Zeisel.

Associate Professor
Raza Shaikh.

Assistant Professors

Clinical Assistant Professors
Amanda Holliday.

Research Professors
Martin Kohlmeier, Philip May.

Research Associate Professors
Shufa Du, Shu Wen Ng, Kimberly Truesdale.

Research Assistant Professors
Zhaohui Cui, Molly De Marco, Temitope Erinoshio, Valerie Flax, Derek Hales, Wimal Pathmasiri, Carmen Samuel-Hodge, Lindsey Smith-Taillie, Delisha Stewart, Natalia Surzenko, Manya Warrier, Heather Wasser.

Adjunct Professor
John Anderson.

Adjunct Associate Professors
Liza Makowski Hayes, Boyd Switzer, Melicia Whitt-Glover.

Adjunct Assistant Professors
Marlyn Allicock, Andrea Anater, Melissa Bauserman, Judith Borja, Melissa Daniels, Juhaeri Juhaeri, Lucia Leone, Lindsey Maslow, Michelle Mendez, Meghan Slining.

Professors Emeriti
Janice M. Dodds, Joseph Chike Edozien, MaryAnn C. Farthing, Pamela S. Haines.

NUTR—Nutrition
Undergraduate-level

NUTR 175. Introduction to Food Studies: From Science to Society. 3 Credits.
Introduction to food studies covering a variety of topics including how food was consumed over history, land use and aquaculture, food in the arts, food and culture in the American South, food politics, and nutrition science.
Gen Ed: GL, NA.
Grading status: Letter grade
Same as: ANTH 175, AMST 175.

NUTR 240. Introduction to Human Nutrition. 3 Credits.
Relationships of human nutrition to health and disease. Integration of biology, chemistry, and social sciences as related to human function. Nutrient composition of foods and safety of the food supply.
Requisites: Prerequisites, BIOL 101/101L and CHEM 102/102L.
Grading status: Letter grade.

NUTR 245. Sustainable Local Food Systems: Intersection of Local Foods and Public Health. 3 Credits.
Examines the intersection of local foods and public health with respect to nutrition and environmental, economic, and community issues. Students explore impacts and potential solutions of the increasingly industrialized and centralized food system, while assisting community partners to increase opportunities for farmers, local food marketers, distributors, and entrepreneurs.
Gen Ed: EE- Service Learning.
Grading status: Letter grade.
NUTR 295. Undergraduate Research Experience in Nutrition. 3 Credits.
Permission of the instructor. For undergraduates enrolled in the department's baccalaureate degree program. Directed readings or laboratory study on a selected topic. May be taken more than once for credit.
Gen Ed: EE- Mentored Research.
Repeat rules: May be repeated for credit; may be repeated in the same term for different topics; 12 total credits. 4 total completions.
Grading status: Letter grade.

Advanced Undergraduate and Graduate-level
NUTR 400. Introduction to Nutritional Biochemistry. 3 Credits.
Function of the human body focusing on chemical properties, function, and metabolism of nutrients. Biochemistry of nutrients with a limited focus on medical aspects of nutrient metabolism. For advanced undergraduates and graduate students needing to enhance background prior to NUTR 600.
Requisites: Prerequisites, BIOL 101, CHEM 101 and 102, and NUTR 240; permission of the instructor for students lacking the prerequisites.
Grading status: Letter grade.

NUTR 600. Human Metabolism: Macronutrients. 3 Credits.
Cell biochemistry and physiology emphasizing integration of proteins, carbohydrates, and lipids in whole-body metabolism; regulation of energy expenditure, food intake, metabolic adaptations, and gene expression; and macronutrient-related diseases (atherosclerosis, obesity).
Requisites: Prerequisite, NUTR 400; permission of the instructor for students lacking the prerequisite.
Grading status: Letter grade.

NUTR 611. Nutrition across the Life Cycle. 3 Credits.
This course covers nutrition during the life cycle. Units include women during preconception, pregnancy, and lactation; infancy; childhood; adolescence; and older adults (65+). Nutrient and energy needs, assessment of nutritional status, and cultural and socioeconomic barriers are discussed for each phase.
Requisites: Prerequisite, NUTR 400.
Grading status: Letter grade
Same as: MHCH 611.

NUTR 620. HUMAN METABOLISM: MICRONUTRIENTS. 3 Credits.
Cell biochemistry and physiology emphasizing metabolism of vitamins and minerals including antioxidant protection, immune function, nutrient control of gene expression, and disease states induced by deficiencies (e.g., iron-deficient anemia).
Requisites: Prerequisites, NUTR 400 and 600; permission of the instructor for students lacking the prerequisites.
Grading status: Letter grade.

NUTR 630. Nutrition Communication, Counseling and Culture. 3 Credits.
Course teaches the future nutrition professional the art and science of communicating with individuals, groups, and the public. Students will enhance cultural awareness, practice counseling individuals and facilitating groups, and frame nutrition messages for mass media including social media.
Requisites: Prerequisite, NUTR 240; permission of the instructor for students lacking the prerequisite.
Grading status: Letter grade.

NUTR 640. Medical Nutrition Therapy I: Chronic Disease Management. 3 Credits.
Course designed to examine the rationale and implementation of diet therapy and nutrition support in the prevention or treatment of chronic disease.
Requisites: Prerequisite, NUTR 630.
Grading status: Letter grade.

NUTR 642. Medical Nutrition Therapy II: Acute Disease Management. 3 Credits.
Course designed to examine the rationale and implementation of diet therapy and nutrition support in the prevention or treatment of acute diseases.
Requisites: Prerequisite, NUTR 640.
Grading status: Letter grade.

NUTR 650. Food Science and Culinary Arts. 2 Credits.
Introduction to foods, chemical and physical properties, nutritional composition, food safety, production, and regulation.
Requisites: Prerequisite, NUTR 400; corequisite, NUTR 650L.
Grading status: Letter grade.

NUTR 650L. Food Science and Culinary Arts Laboratory. 1 Credit.
Basic culinary techniques. Classes illustrate biochemical processes and food properties covered in lecture. Introduction to new foods and food ideas. Critical evaluation of recipes. Laboratory fee required. Three laboratory hours per week.
Requisites: Corequisite, NUTR 650.
Grading status: Letter grade.

NUTR 660. Food Service Systems Management. 2 Credits.
Permission of the instructor for nonmajors. Basic concepts of institutional food service systems management applied to small and medium-sized health care facilities in the community.
Requisites: Co-requisite, NUTR 660L.
Grading status: Letter grade.

NUTR 660L. Food Service Systems Management Experience. 1 Credit.
This is a food service management practicum that applies the basic concepts of institutional food service systems. Two laboratory hours per week.
Requisites: Co-requisite, NUTR 660.
Grading status: Letter grade.

NUTR 691H. Honors Research in Nutrition. 3 Credits.
This is an honors course for research for the first semester of senior year, to be followed by NUTR 692H in the second semester. NUTR 691H/692H is a two-course sequence. Enrollment is only for students approved to conduct a senior honors thesis project.
Requisites: Prerequisite, NUTR 295.
Gen Ed: EE- Mentored Research.
Grading status: Letter grade.

NUTR 692H. Honors Research in Nutrition. 3 Credits.
Permission of the instructor. Directed readings or laboratory study of a selected topic. Requires a written proposal to be submitted to and approved by the B.S.P.H. Committee and faculty research director. A written report is required. May be taken more than once for credit. Six laboratory hours per week.
Gen Ed: EE- Mentored Research.
Grading status: Letter grade.
NUTR 695. Nutrition Research. 1-9 Credits.
Permission of the instructor. Individual arrangements with faculty for bachelor and master students to participate in ongoing research.
Repeat rules: May be repeated for credit; may be repeated in the same term for different topics; 12 total credits. 8 total completions.
Grading status: Letter grade.

NUTR 696. Readings in Nutrition. 1-9 Credits.
Permission of the instructor. Reading and tutorial guidance in special areas of nutrition.
Repeat rules: May be repeated for credit; may be repeated in the same term for different topics; 12 total credits. 8 total completions.
Grading status: Letter grade.