

DEPARTMENT OF NUTRITION

Introduction

The Department of Nutrition is one of the top-ranked nutrition departments in the country. The curriculum offers a wide range of courses on the nutritional, epidemiological, intervention, and policy aspects of human diseases.

Advising

All majors have a primary academic advisor in the department. Undergraduate students are encouraged to meet regularly with their advisor and 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 the "Contacts" tab at the top of this page). 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 website (<https://sph.unc.edu/nutr/unc-nutrition/>).

Major

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

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*Primary appointment is in another UNC department. Faculty's secondary appointment is Nutrition.

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. Previously offered as ANTH 175.

Rules & Requirements

 **IDEAs in Action Gen Ed:** FC-GLOBAL or FC-PAST.

Making Connections Gen Ed: GL, NA.

Grading Status: Letter grade.

Same as: 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.

Rules & Requirements

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.

Rules & Requirements

Making Connections Gen Ed: EE- Service Learning.

Grading Status: Letter grade.

NUTR 250. Global Sustainable Food Systems. 3 Credits.

This course will provide an overview of global food systems drivers, elements, and activities; key players; key problems, and potential solutions. Students will learn about challenges facing food systems across the globe, and learn to critically evaluate the design, measurement, and impact of programs, policies, and interventions addressing these challenges. Students will also learn about methods to assess food systems activities and impacts.

Rules & Requirements

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.

Rules & Requirements

 IDEAs in Action Gen Ed: RESEARCH.

Making Connections 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.

Rules & Requirements

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 405. Fundamentals of Food and Nutrition Policy in Public Health. 3 Credits.

This course focuses on food and nutrition policy on a federal, state, and local level. Topics covered include policy formation, interest/consumer advocacy groups, key legislation, how research informs policy, equity and diversity, global food policy issues, sustainability and health, advocacy, and current public health nutrition policy hot topics and examples.

Rules & Requirements

Grading Status: Letter grade.

NUTR 470. Foundations of Nutrition Interventions. 3 Credits.

This course is designed to introduce students to clinical trials in nutrition, including experimental designs, nutrition intervention methods, and skills necessary to critically analyze, describe, and evaluate feeding and behavioral nutrition interventions. The course covers concepts, skills and methods related to nutrition interventions, with an emphasis on theory-based interventions at the individual, community, or environmental levels to improve health and nutrition outcomes.

Rules & Requirements

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).

Rules & Requirements

Requisites: Prerequisite, NUTR 400; permission of the instructor for students lacking the prerequisite.

Grading Status: Letter grade.

NUTR 611. Food And Your Life Stages. 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.

Rules & Requirements

Requisites: Prerequisite, NUTR 240.

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).

Rules & Requirements

Requisites: Prerequisites, NUTR 400 and 600; permission of the instructor for students lacking the prerequisites.

Grading Status: Letter grade.

NUTR 630. Nutrition Communication 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 and frame nutrition messages for mass media including social media.

Rules & Requirements

Requisites: Prerequisite, NUTR 240; permission of the instructor for students lacking the prerequisite.

Grading Status: Letter grade.

NUTR 646. Mouse Models of Human Disease. 1 Credits.

This course will focus on the laboratory mouse as a model organism to learn fundamental genetic concepts and understand how state-of-the-art experimental approaches are being used to elucidate gene function and the genetic architecture of biological traits.

Rules & Requirements

Grading Status: Letter grade.

Same as: GNET 646.

NUTR 660L. Food Service Systems Management Experience. 1 Credits.

This is a food service management practicum that applies the basic concepts of institutional food service systems. Two laboratory hours per week.

Rules & Requirements

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.

Rules & Requirements

 **IDEAs in Action Gen Ed:** RESEARCH.

Making Connections Gen Ed: EE- Mentored Research.

Requisites: Prerequisite, NUTR 295.

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.

Rules & Requirements

 **IDEAs in Action Gen Ed:** RESEARCH.

Making Connections 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.

Rules & Requirements

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.

Rules & Requirements

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.

Contact Information

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