

TASTE
SUCCESS
AT SHP



FRESH
IDEAS

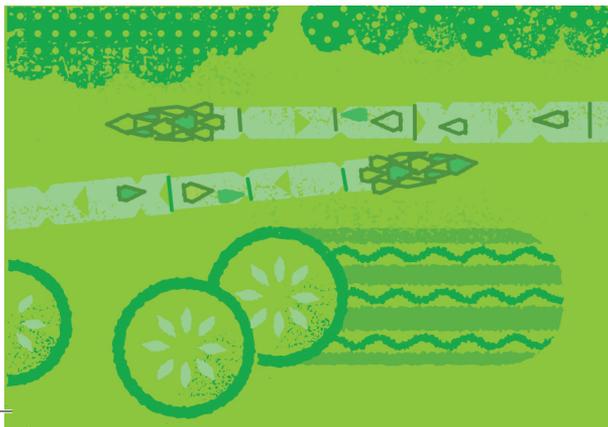


INCREDIBLE COURSES

the UAB MINOR *with a* MENU

NUTRITION MINOR

**Earn your UAB Nutrition Minor entirely online.
Set yourself apart in competitive health care careers
— learn about the science and application of nutrition
from world renowned experts.**



NOURISH *your* MIND, BODY AND SOUL

UAB SCHOOL OF
HEALTH PROFESSIONS

The University of Alabama at Birmingham

the UAB MINOR *with a MENU*

NUTRITION MINOR

EARN *your* MINOR in just 18 CREDIT HOURS.

Whet your appetite for nutrition with three required starter and entree courses (9 hours).

STARTER CREDIT HOURS

NTR 222 Nutrition and Health 3

Discover how carbohydrates, fats, proteins, vitamins and minerals affect your health and risk of chronic diseases.

IN SEASON: SPRING, SUMMER, FALL

ENTREES CREDIT HOURS

NTR 232 Lifecycle Nutrition 3

Find out how nutritional needs change from conception all the way to older age.

IN SEASON: FALL

NTR 330 Nutrition and Metabolism 3

Gain more understanding of what happens to the nutrients in our food after we eat.

IN SEASON: SPRING

***NTR 421 Nutrition Assessment and the Nutrition Care Process 3**

Get a taste of how RDN's conduct nutritional assessments, make nutritional diagnoses, and design nutritional interventions.

IN SEASON: SPRING

Choose your remaining courses (9 hours) from our sides, desserts or substitutions.

SIDES CREDIT HOURS

**Required for Dietitian Education Program*

***NTR 420 Nutritional Genetics 3**

Get a taste of what the future holds for genetics-based personalized nutrition and the prevention of chronic diseases.

IN SEASON: FALL

DESSERTS CREDIT HOURS

NTR 320 Nutrition and the Consumer... 3

This course tweaks the taste buds with topics like food and cancer prevention, food safety, GMO's, and sports nutrition.

IN SEASON: SPRING

NTR 300 Nutrition Communication: From Science to Consumer 3

This offering includes how to accurately interpret nutrition research, how to develop nutrition messages and how to present education materials across many media platforms including social media.

IN SEASON: SPRING

SUBSTITUTIONS CREDIT HOURS

Available as electives to side dishes & desserts. Other UAB electives may be acceptable, but require approval from the program director.

KIN 405 Sports Nutrition 3

ANTH 319 Food and Culture 3

Research Experience (Independent Study) 3

INTERESTED? CONTACT US!

Doug Moellering, PhD, Director, UAB Nutrition Minor
205-975-2984 • UGNutrition@uab.edu



uab.edu/shp/nutrition