



TASTE  
SUCCESS  
AT SHP



FRESH  
IDEAS

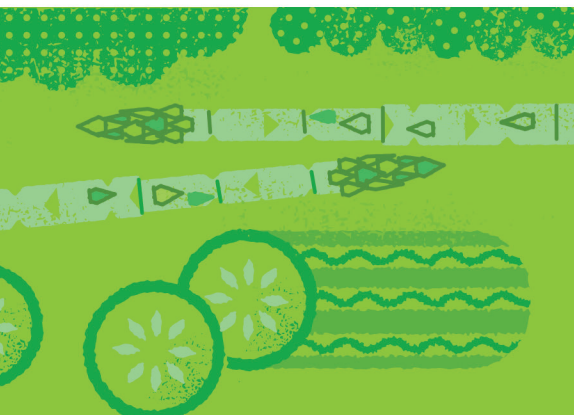


INCREDIBLE COURSES

*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).

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

## 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

## 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!

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