In the Human Nutrition concentration students integrate chemistry, biology, physiology, psychology, sociology, and nutrition to understand the impact of diet and lifestyles on human health. Students enter human services professions and health professional schools such as medical, dental, and physical therapy.

PROGRAM MISSION:
While building a strong foundation of biological sciences while gaining knowledge that's relevant to your own health, this program prepares you for health professional schools, graduate schools, or nutrition/food/health-related jobs.

PROGRAM HIGHLIGHTS:
- This concentration is very science-based and requires courses in chemistry, molecular and cellular biology, physiology, and other life sciences, and is best suited for those who expect to pursue advanced degrees in medicine, dentistry, law, public health, veterinary medicine, or laboratory research in industry, academia, or government.
- This concentration provides an understanding of human nutrition with in-depth focus on physiological and biochemical aspects of metabolism, coupled with an awareness of the nutrient composition of foods and the role of social and economic factors as determinants of food selection.
- Well-managed course sizes allow students to receive more individualized attention and interaction with faculty members in human nutrition courses.
- Students in this concentration are encouraged and have the opportunity to complete an undergraduate research experience with a faculty member in human nutrition.

For more information about the Human Nutrition program contact Mani Nakamura at mtnakamu@illinois.edu.

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