



INTERESTED IN PRE-MED? CHECK OUT A DEGREE IN NUTRITION!

Top medical schools in the country are incorporating nutrition and culinary practice into their medical school curriculum.

An undergraduate degree in nutrition from UIC will meet pre-med requirements, as well as provide a solid nutrition foundation, thereby providing an advantage in your medical school application.

Obesity, type II diabetes, cardiovascular disease, cancer...the majority of the top causes of mortality and morbidity in the U.S. are related to lifestyle choices, namely nutrition and exercise.

A 2013 report on the state of US health identified dietary factors as the single most significant risk factor for disability and premature death.

However, a recent study found that only 14% of resident physicians believed they were adequately trained to provide nutritional counseling.

The Nutrition Science Program at UIC is designed to provide the major facets of chronic disease prevention and treatment:

- 1) Biochemical and pathophysiological aspects of nutrition and the implications throughout the lifecycle.
- 2) Coursework in Medical Nutrition Therapy. Therapeutic approaches to treating medical conditions, such as hypertension and diabetes, via the use of a specifically tailored diet.
- 3) Culinary skills for translating nutrition recommendations into medical advice.
- 4) Health counseling and motivational interviewing techniques to enhance compliance with behavioral change.
- 5) Community nutrition resources and patient centered cultural competence.
- 6) Research opportunities with Human Nutrition faculty.

“A healthy diet is a pillar of well-being throughout the lifespan. It promotes the achievement of healthy pregnancy outcomes; supports normal growth, development and aging; helps maintain healthful body weight; reduces chronic disease risks; and promotes overall health and well-being”

– Scientific Report of the 2015 Dietary Guidelines Advisory Committee



Admission requirements for BS: Nutrition Science Program

Degree Requirements and Program Information

- Program length: 4 semesters
- Credits required: 60 hours
- Average class size: 60 students
- Annual application deadline: Jan. 15
- Fall admission only

Grades/Scores

- Min. GPA: 2.5 (4.0 scale)
- Min. TOEFL: 550, written test; 213, computer-based test (international students)

Prerequisite Courses

- English Composition I & II
- Speech: One course with emphasis on public speaking
- General Biology: One cell biology course with lab
- Inorganic Chemistry: Two courses with laboratory
- Organic Chemistry: One course, no lab required
- Biochemistry: One course, no lab required
- Anatomy and Physiology: Two courses with lab
- Mathematics: One course in pre-calculus or higher
- Psychology: One course in introductory psychology or human behavior
- Sociology: One course in introduction to sociology
- Foods: One course with laboratory
- Nutrition: One general course
- One course from the general education category: "Understanding the Past"
- One course from the general education category: "Understanding the Creative Arts"

Contact Us

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www.ahs.uic.edu/academics/admissions/

Nutrition Science prepares students to pursue advanced degrees in nutrition sciences or professional degrees in medicine, pharmacy, physician's assistant, physical therapy or public health.

Murray CJ, Abraham J, Ali MK, et al. The state of US health, 1990-2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013; 310:591-608.

Vetter ML, Herring SJ, Sood M, Sha NR, Kaler AL. What do resident physicians know about nutrition? An evaluation of attitudes, self-perceived proficiency and knowledge. *J Am Coll Nutr*. 2008; 27:287-298.

Devries S, Dalen JE, Eisenberg DM, et al. A deficiency of nutrition education in medical training. *Am J Med*. 2014; 127:804-806.

Eisenberg DM, Burgess JD. Nutrition education in an era of global obesity and diabetes: thinking outside the box. *Academic Medicine*. 2015; 90: 854-860.

Millen B, Lichtenstein A, et al. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. 2015.