



## BSc NUTRITION MAJOR INFORMATION SESSION

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<https://mcgill.ca/nutrition/programs/undergraduate/nutrition>



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McGill.CA / SCHOOL OF HUMAN NUTRITION / Programs / Undergraduate Programs

#### Undergraduate Programs

Choose a Major: Dietetics vs Nutrition

[BSc\(NutrSc\) Dietetics Major](#)

**[BSc\(NutrSci\) Nutrition Major](#)**

[BSc\(FoodSc\)/BSc\(NutrSc\)](#)

[BSc\(AgEnvSc\) Global Food Security Major](#)

[How to apply](#)

#### Graduate Programs

## BSc(NutrSc): Major in Nutrition



The BSc (NutrSc) Nutrition Major is a 90-credit undergraduate degree. At its core, it deals with how diet and nutrition affect human health and disease risk. It offers you exciting opportunities to specialize in one of 5 concentrations, to incorporate research experience, travel for field studies, or a Minor in your program. It does not lead to professional licensure as a Dietitian/Nutritionist. However, it is excellent preparation for many careers including medical school, veterinary school and other professional schools, for graduate school, or for work in the food, pharma or other industry, government or NGO, or global health organizations.

[Concentrations](#) [Courses by semester](#) [Research Experience](#) [Minors](#) [Career Paths](#) [FAQs](#)

### Courses by semester

Download the appropriate course sheet for term-by-term course lists and complementary and elective courses:

[Nutrition Major Advising Sheet](#)

- + Food Function and Safety
- + Global Nutrition
- + Sports Nutrition



# Comparison BSc Nutrition & Dietetics



Comparison checklist	Nutrition	Dietetics	Concurrent Degree
Degree	BSc(NutrSc)	BSc(NutrSc)	BSc(FoodSc)/ BSc(NutrSc)
Years of study	3	3.5	4
Total credits	90	115	122
"Free elective" credits	15	3	12
Summers off	Yes	No	Yes
Integrated internship or stage placements	No	Yes	Yes
Integrated stage placement in industry	No	No	Yes
Professional title of "dietitian-nutritionist"	No	Yes	No
Required academic grade point for progress	2.0	3.0	2.0
Challenging subjects	Yes	Yes	Yes
Ease of adding a minor	Yes	No	Yes
Develop a specialization	Yes	No	No
Course selection counselling with an advisor	Yes	Yes	Yes
Eligible for graduate studies	Yes	Yes	Yes
Potential for summer research experience	Yes	Yes	Yes
Potential for a term of field study experience	Yes	No	No

**B.Sc. (Nutr. Sc.) - NUTRITION MAJOR**

120 credits: 30 freshman + 63 credits required + 12 credits complementary + 15 credits electives



**FRESHMAN**

NAME:	ID NUMBER:
Entered Program From:	_____credits given on entrance

COMPL	GRADE	FRESHMAN 1 FALL	14.5 CREDITS REQUIRED	EQUIVALENCIES	
<input type="checkbox"/>		AEBI 120	General Biology (3)	BIOL 111 or 101-NYA/OOUK with lab	
<input type="checkbox"/>		AECH 110	General Chemistry 1 (4)	CHEM 110 or 202-NYA/OOUL with lab	
<input type="checkbox"/>		AEMA 101	Calculus 1 (3)	MATH 139 or MATH 140 or 201-NYA/OOUM	
<input type="checkbox"/>		AEPH 112	Introductory Physics 1 (4)	PHYS 101 or 203-NYA/OOUR with lab	
<input type="checkbox"/>		AGRI 195	Freshman Seminar 1 (0.5)		
		FRESHMAN 2 WINTER	15.5 CREDITS REQUIRED		
<input type="checkbox"/>		AEBI 122	Cell Biology (3)	BIOL 112 or OOXU	
<input type="checkbox"/>		AEMA 102	Calculus 2 (4)	MATH 141 or 201-NYB/OOUP	
<input type="checkbox"/>		AEPH 114	Introductory Physics 2 (4)	PHYS 102 or 203-NYB + 203-NYC/OOOS + OOUT	
<input type="checkbox"/>		FDSC 230	Organic Chemistry (4)	CHEM 212 or OOXV	
<input type="checkbox"/>		AGRI 196	Freshman Seminar 2 (0.5)		
		U1 FALL (TERM 1)	13 CREDITS REQUIRED	PREREQUISITES	COREQUISITES
<input type="checkbox"/>		FDSC 200	Introduction to Food Science (3)		
<input type="checkbox"/>		LSCI 211	Biochemistry 1 (3)	FDSC 230 (or as coreq)	
<input type="checkbox"/>		NUTR 207	Nutrition and Health (3)	AEBI 122 or equ, FDSC 230 (or as coreq)	
<input type="checkbox"/>		NUTR 214	Food Fundamentals (4)	FDSC 230 (or as coreq)	LSCI 211, NUTR 207
		U1 WINTER (TERM 2)	12 CREDITS REQUIRED		
<input type="checkbox"/>		ANSC 234	Biochemistry 2 (3)	LSCI 211	
<input type="checkbox"/>		FDSC 251	Food Chemistry 1 (3)	LSCI 211	
<input type="checkbox"/>		LSCI 230	Introductory Microbiology (3)	-	
<input type="checkbox"/>		NUTR 322	Appl. Sc. Communication (3)	Completion of 15 credits in a B.Sc. prog.	
		U2 FALL (TERM 3)	12 CREDITS REQUIRED		
<input type="checkbox"/>		ANSC 323	Mammalian Physiology (3)	LSCI 204 or ANSC 234	
<input type="checkbox"/>		FDSC 305	Food Chemistry 2 (3)	FDSC 251	
<input type="checkbox"/>		LSCI 204	Genetics (3)	-	
<input type="checkbox"/>		NUTR 307	Metabolism and Human Nutrition (3)	ANSC 234	ANSC 323 or NUTR 207
		U2 WINTER (TERM 4)	13 CREDITS REQUIRED		
<input type="checkbox"/>		AEMA 310	Statistical Methods 1 (3)		
<input type="checkbox"/>		ANSC 424	Metabolic Endocrinology (3)	ANSC 323	
<input type="checkbox"/>		NUTR 337	Nutrition Through Life (3)	ANSC 234, NUTR 307	
<input type="checkbox"/>		NUTR 344	Clinical Nutrition 1 (4)	ANSC 234, ANSC 323, NUTR 307	NUTR 337, ANSC 424
		U3 FALL (TERM 5)	7 CREDITS REQUIRED		
<input type="checkbox"/>		NUTR 401	Emerging Issues in Nutrition (1)	NUTR 344	NUTR 450
<input type="checkbox"/>		NUTR 450	Research Methods Hum. Nutrition (3)	AEMA 310 and NUTR 307	
<input type="checkbox"/>		NUTR 512	Herbs, Foods and Phytochemicals (3)	LSCI 211 or BIOL 201 or BIOC 212	
		COMMON COMPLEMENTARY COURSES: ALL CONCENTRATIONS			(At least 6 credits from the following courses)
<input type="checkbox"/>		ANSC 433	Animal Nutrition & Metabolism (3) W	ANSC 234	
<input type="checkbox"/>		ANSC 560	Biology of Lactation (3) F		
<input type="checkbox"/>		FDSC 537	Nutraceutical Chemistry (3)	LSCI 211 or permission	
<input type="checkbox"/>		FDSC 545	Advances in Food Microbiology (3) W	MICR 230 or LSCI 230 or permission	
<input type="checkbox"/>		NUTR 501	Nutrition in Developing Countries (3) F	Permission required	
<input type="checkbox"/>		NUTR 503	Nutrition and Exercise (3) F	ANSC 234, ANSC 323, NUTR 207	
<input type="checkbox"/>		NUTR 505	Public Health Nutrition (3) F	NUTR 337	
<input type="checkbox"/>		NUTR 507	Advanced Human Biochemistry (3) W		
<input type="checkbox"/>		NUTR 511	Nutrition and Behaviour (3) F	NUTR 337, NUTR 344	
<input type="checkbox"/>		NUTR 537	Advanced Human Metabolism (3) F		
<input type="checkbox"/>		NUTR 545	Clinical Nutrition 2 (4) F	NUTR 337, NUTR 344 and ANSC 424	
<input type="checkbox"/>		NUTR 546	Clinical Nutrition 3 (4) F	NUTR 337, NUTR 344 and ANSC 424	
<input type="checkbox"/>		NUTR 551	Analysis of Nutrition Data (3) F	NUTR 337, NUTR 450	
<input type="checkbox"/>		PARA 438	Immunology (3) F		

**REQUIRED COURSES**

**COMMON COMPLEMENTARY**





# CONCENTRATIONS



## Choose a concentration in U2

Sports Nutrition

Metabolism, Health and Disease

Global Nutrition

Food Function and Safety

Declare your concentration by filling out the  
'Program change form' and sending to  
[christine.gurekian@mcgill.ca](mailto:christine.gurekian@mcgill.ca) for signature



# Concentration

For each concentration, you must complete

6 cr - required course

6 cr - complementary courses

Ex. 'Metabolism, Health and Disease' concentration;  
NUTR 507 & NUTR 537 – required

Plus 6 credits from the list of complementary courses.

## METABOLISM, HEALTH AND DISEASE

NUTR 507	Advanced Human Biochemistry (3) W
NUTR 537	Advanced Human Metabolism (3) F



*At least 6 credits from the following courses*

ANAT 214	Systemic Human Anatomy (3)
ANAT 261	Intro to Dynamic Histology (3)
ANAT 262	Intro Molecular and Cell Biology (3)
ANAT 322	Neuroendocrinology (3)
ANSC 324	Developmental Biology Reproduction (3)
ANSC 400	Eukaryotic Cells and Viruses (3)
ANSC 560	Biology of Lactation (3)
BIOL 300	Molecular Biology of the Gene (3)
BTEC 306	Experiments in Biotechnology (3)
MICR 341	Mechanisms of Pathogenicity (3)
NUTR 430	Directed Studies: Diet. & Nutrition 1 (3)
PARA 424	Fundamental Parasitology (3)
PATH 300	Human Disease (3)
PHAR 300	Drug Action (3)
PHAR 301	Drugs and Disease (3)
PHAR 303	Principles of Toxicology (3)
PHGY 311	Channels, Synapses & Hormones (3)
PHGY 312	Respiratory, Renal, Cardio Physiology (3)





# ELECTIVES

15 credits

# BSc Nutrition – Elective examples

\*Follow your interests



## FALL

AGEC 200 – Principles of Microecon  
ANTH 227 – Medical Anthropology  
ATOC 181 – Intro Atmospheric Sci  
APSC 185 – Natural Disasters  
CHEM 183 – World of Chem Drugs  
ECON 208 – Microecon An&App  
ENVB 301 – Meteorology  
FAES 323- Indigenous cont issues  
GEOG 216 – Geog World Economy  
GSFS 200 – Feminist & Social Justice  
MUAR 211 – Art of Listening  
NUTR 341 - Global Food Security

## WINTER

AGEC 231 – Econ Systems of Agriculture  
ARTH 207 – Intro Early Mod. Art  
ARTH 315 – Indigenous Art and Culture  
CHEM 181 – World of Chem Food  
CLAS 203 – Greek Mythology  
COMP 204 – Computer Program Life Sci.  
EAST 212 – Intro: East Asian Culture  
EAST 357 – Early Chinese Art  
ECON 208 – Microeconomic An&App  
ENGL 225 – American Literature 1  
GEOG 272 – Earth’s Changing Surface  
RELG 204 – Judaism, Christianity, Islam  
SOCI 211 – Sociological Inquiry  
SOCI 250 – Social Problems  
SOCI 309 – Health and Illness  
SOCI 388 - Crime

## SUMMER

ANTH 209 – Anthr of Religion  
CHEM 181 – World of Chem Food  
COMS 200 – History of Commun  
ECON 208 – Microecon An&App  
LING 260 – Meaning Language  
PHIL 375 - Existentialism  
PSYC 100 – Intro Psychology  
PSYC 211 – Intro Behav Neuro  
PSYC 213 – Cognition



# MINORS

# Taking a Minor



Minors are either 18 or 24 credits

You must complete 18 credits that do not overlap with required or complementary credits in your Major

Credits from your Minor can replace your elective credits

Examples of Minors to take with the Nutrition Major

Psychology

Statistics

Kinesiology

Environment

Marketing

International Development Studies





# HONOURS



# BSc. Nutritional Sciences Honours in Nutrition

Students in the BSc(NutrSc) Nutrition Major program who have a CGPA of at least 3.6, and a grade of at least A- in all NUTR courses can apply to transfer in Winter U2 term.

\*It is the responsibility of each student to find a Professor to support and supervise a research project.

## **NUTR 491 – Honours Research 1 (3 credits)**

- Development of a research proposal
- Presentation and submission of written proposal

## **NUTR 492 – Honours Research 2 (3 credits)**

- Conduct first phase of research project to test hypothesis.
- Collection of data, initial interpretation of findings, progress report and plan

## **NUTR 493 – Honours Research 3 (3 credits)**

- Conduct the third phase of research project
- Completion of study, data analysis, written progress report

## **NUTR 494 – Honours Research 4 (3 credits)**

- Completion of research project
- Final interpretation of data in written manuscript-style report
- Defend in conference-style presentation



# OTHER RESEARCH OPPORTUNITIES



# SHN RESEARCH

## NUTR 430 – Directed Studies

Can be taken in Fall, Winter or Summer (starting in U2)

Can be used as a complementary course

135 hours of research work; schedule organized by SHN Professor

Research may include literature research, lab work, data collection

Send your [application form](#) and updated CV to [christine.gurekian@mcgill.ca](mailto:christine.gurekian@mcgill.ca) and it will be sent to all SHN Professors.

Professors will contact you if they have availability in their lab for a NUTR 430 student.



# NUTR 430 past project titles

- Carotenoid status and **physical activity**
- Comparison of health behaviors and health management of Asian immigrants to local long-term residents in Quebec with **type I diabetes**
- Metabolic programming of **neutrophils** induced by dexamethasone.
- The effect of metabolic stress on the **inflammatory profile** of dendritic cells
- Do the “Big Five” Personality Traits Influence **Eating Behaviour**?
- Effect of dietary **probiotics** on the cecal microbial community of chickens
- The development of a glutaredoxin-2 knockout mouse line for the study of **glutathionylation reactions**
- Deciphering the impact of glutathionylation on **ROS production** by dihydroorotate dehydrogenase in liver mitochondria isolated from female mice.



# INTERNSHIPS

Alton and Dianne McEwen and Family Internship Program

Contact [kendra.gray@mcgill.ca](mailto:kendra.gray@mcgill.ca)

These full time internships are completed in the summer as FAES 300



# RESEARCH



## NSERC Undergraduate Student Research Award



Summer Award

Funding paid by NSERC and your Supervisor (SHN Professor)

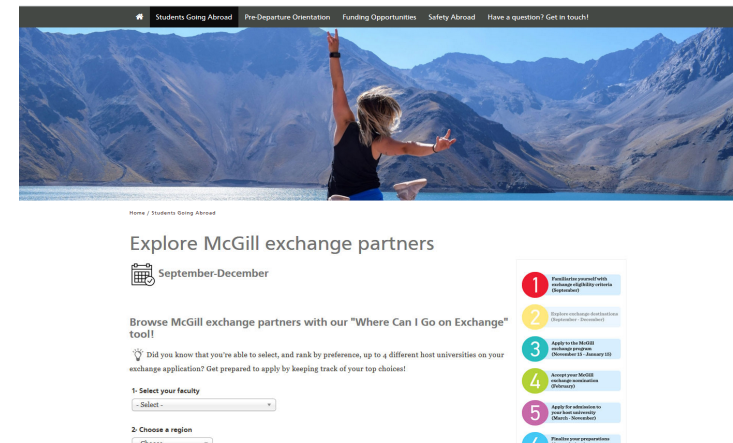
16 consecutive weeks on a full time basis

Eligibility:

- Canadian citizen or permanent resident
- CGPA 3.0
- Completed all course requirements for the 1st yr of university of your BSc

# EXCHANGE

- If you are flexible with your schedule, McGill offers an exchange program!
- U3 Winter is the ideal semester to go on exchange since most of your required courses have been completed by then.
- CGPA 3.0
- *note: transcripts may not be sent back in time for students to attend the Macdonald Campus Convocation ceremony*



[mcgill.ca/mcgillabroad](http://mcgill.ca/mcgillabroad)



# MAJOR TRANSFERS



# Transfer to a Major at Macdonald Campus

Fill out the Program Change Form

Send to [studentinfo.macdonald@mcgill.ca](mailto:studentinfo.macdonald@mcgill.ca)



# Transfer to a Major at McGill downtown

Contact Advisor for that Program



# SHN TRANSFERS

Major	CGPA
To Nutrition Major	3.0 CGPA
To Nutrition Major - Honours	3.6 CGPA, A- in all NUTR courses
To Dietetics Major	3.3 CGPA (Sept 2021 cut-off was 3.67)
To Concurrent Major	2.7 CGPA

# Transfer to Dietetics



The following describes the process and priorities used in evaluating transfer applications:\*

- Students are ranked by CGPA
- All previous university education may be taken into consideration
- Science R Scores (for Quebec students) may be taken into consideration
- Applicants should have been carrying a full course load (at least 12 credits) for each term. Students taking the required Nutrition courses or core science courses will be given priority.
- Students who have completed all entrance science pre-requisites will be given priority for transfer.
- Students cannot participate in the first stage component of the program (NUTR 208 in the first term of U1) unless all of their prerequisite courses are completed beforehand. Students missing entrance pre-requisites would need to do an additional year (4.5 years instead of 3.5 years).

June 1st deadline for September start

If required, French proficiency examination must be completed







# AFTER GRADUATION

# BSc Nutritional Sciences – Nutrition Major

## Career Paths



- Admission to **PROFESSIONAL SCHOOLS** (Medicine, Dentistry, Optometry, Veterinary School)
- **GRADUATE STUDIES** in nutrition, other life sciences, MBA, MPH.
- The **FOOD & PHARMA** industries in sales, product development and testing, education, marketing, industrial associations
- **GOVERNMENT & NON-GOVERNMENTAL ORGANIZATIONS** in program administration and development, public policy development, and research
- **INTERNATIONAL NUTRITION** & health promotion organizations like UN, FAO, WHO
- Work as a science-trained **WRITER/COMMUNICATOR** for technical report writing, education of health professionals and sales teams, communications of science to the public, media of all types.
- [CaPS](mailto:linda.cicuta@mcgill.ca) is valuable resource to help you get started at any stage  
([linda.cicuta@mcgill.ca](mailto:linda.cicuta@mcgill.ca))

# BSc Nutritional Sciences – Nutrition Major Recently Graduated Students



- MSc
  - Thesis - Nutritional Sciences
  - Applied – Dietetics Credentialing
  - Laboratory Medicine and Pathobiology
  - Applied Physiology
  - Kinesiology
  - Animal Science
- Masters in Public Health
- Admission to Medicine, Dentistry, Pharmacy School
- Pharmaceutical Sales
- Product Development
- Digital Market Specialist (Nutrition company)

# Examples of positions – online search



## Nutrition Teacher

John Abbott College ★★★★★☆ 38 reviews  
Sainte-Anne-de-Bellevue, QC

### Job details

#### Job type

Full-time  
Part-time

### Full Job Description

#### Job Title

Nutrition Teacher

#### Job Type

Full-time/part-time Teaching Opening

#### Category

Teaching in Nutrition (120)

#### Salary Grade

Full-time/Part-time Teacher

#### Job Description

**JOHN ABBOTT COLLEGE**  
has the following anticipated vacancies  
for the Winter 2022 semester

## Systems Analyst, Food Services, Food & Nutrition Services - St. Joseph's Health Care London

St. Joseph's Health Care London

★★★★★☆ 25 reviews

London, ON

Temporary position, anticipated to extend until September 30, 2022, subject to the availability of work.

Building on more than 130 years of care and compassion, today's St. Joseph's continues to make a difference in health care with distinct roles in acute and ambulatory care, specialized care of the elderly, long-term care, mental health care and rehabilitation services. With more than 10 locations, St. Joseph's offers health care professionals both the opportunity to specialize and to attain a variety of experiences in

# Examples of positions – online search



## Procurement Specialist - Nutritional and Functional Ingredients

Quadra ★★★★★ 10 reviews  
Vaudreuil-Dorion, QC

### Job details

#### Job type

Part-time  
Permanent

### Full Job Description

**Position :** Procurement Specialist - Nutritional and Functional Ingredients

**Location :** Delta, BC - Vaudreuil, Québec - Burlington or Oakville, Ontario

**Statut :** Temps plein, permanent (1)

Are you known for your initiative and attention to detail? Are you described as an excellent team player capable of dealing quickly with various complex

## Food & Nutrition Manager

Chartwell Retirement Residences  
★★★★☆ 514 reviews  
Burlington, ON

**At Chartwell, we're all about Making People's Lives Better for our residents, their families, and our employees. Join an exceptional group of diverse, caring, and passionate people who are inspired to make a difference in their own lives and are dedicated to delivering an experience that is personalized, memorable and feels like home for more than 30,000 residents across the country.**

Located in Burlington, Chartwell Brant Centre Long Term Care Residence overlooks Lake Ontario, offering spectacular views from our suites. We are close to the downtown village, shopping malls, parks and churches, with Joseph Brant Memorial Hospital right next door.

The Food and Nutrition Manager in a Long Term Care Residence will oversee the management and organization of the Food and Nutrition department, to provide high quality food and nutritional services to the residence with emphasis on the individual needs of the residents.

# Examples of positions – online search



## TECHNICIEN(NE) EN DIÉTÉTIQUE, R&D CULINAIRE / DIETETIC TECHNICIAN, CULINARY

We Cook ★★★★★ 18 reviews

📍 We Cook in Dorval, QC

### Job details

#### Job type

Full-time  
Permanent

## Health & Nutrition Writer

Honest Brand Reviews

Remote • Remote

Employer actively reviewed job 3 days ago

### Job details

#### Job type

Full-time  
Contract  
Remote

#### Number of hires for this role

Ongoing need to fill this role

### Full Job Description

Hello! We're **Honest Brand Reviews** and we're on a mission to help people make informed shopping decisions through our in-depth brand features. From skincare to fashion to nutrition, we cover it all.

We're looking for a passionate **Nutrition Writer** who loves getting into the nitty gritty details of health, wellness and food products. We're talking ingredients, dosage, side effects and more.

# Student Life

DHNUS – Dietetics and Human Nutrition Undergraduate Society

dhnusmcgill.com

FB @McGillDHNUS

IG @dhnusmcgill



Dietetics & Human Nutrition  
Undergraduate Society

Macdonald Campus  
McGill University

[Home](#)

[Events](#)

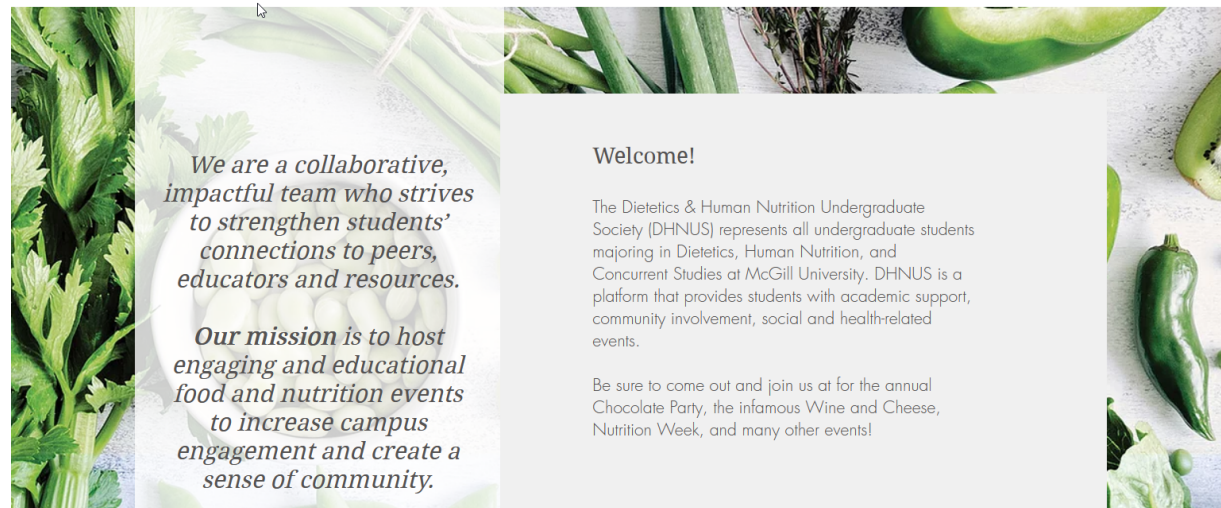
[Exec Team](#)

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[Prospective Students](#)

[Contact Us](#)



# STUDENT RESOURCES

## **Advisor - Christine Gurekian**

[christine.gurekian@mcgill.ca](mailto:christine.gurekian@mcgill.ca)

plan out your course sequence  
consult regarding course equivalency  
declare your concentration

## **Student Affairs Office (Laird Hall)**

[studentinfo.macdonald@mcgill.ca](mailto:studentinfo.macdonald@mcgill.ca)

inquire transferring credits  
request program changes  
exam deferrals  
leaves of absence

## **Student Services and Student Wellness Hub**

**(Centennial center or downtown) - Shannon Walsh**  
[shannon.walsh@mcgill.ca](mailto:shannon.walsh@mcgill.ca)

Meet with a health professional (Doctors, Nurses, Dietitians,  
Counselors, Psychiatrists, Sexologists)

## **CaPS - Linda Cicuta**

[linda.cicuta@mcgill.ca](mailto:linda.cicuta@mcgill.ca)

Speak to an advisor about career opportunities







[christine.gurekian@mcgill.ca](mailto:christine.gurekian@mcgill.ca)

[studentinfo.macdonald@mcgill.ca](mailto:studentinfo.macdonald@mcgill.ca)