

# NUTRITION AND DIETETICS (DIET)

## DIET 1000 - Contemporary Issues in Food and Nutrition

**Credit(s): 2 Credits** (Repeatable for credit)

Students will learn the pathway to becoming a registered dietitian and explore the various roles and responsibilities of registered dietitians in a variety of work settings. The scientific underpinnings of several contemporary nutrition topics will be explored.

**Attributes:** UUC:Ignite Seminar

## DIET 1930 - Special Topics

**Credit(s): 1-3 Credits** (Repeatable for credit)

## DIET 2080 - Foundations in Nutrition

**Credit(s): 2 or 3 Credits**

The study of human nutrition, incorporating biochemical and physiological aspects; investigation of the role of food in normal growth, development and maintenance of body functions. (Offered every Fall, Spring and Summer)

**Attributes:** Nutrition, Health, Well Fndation, UUC:Natural & Applied Science

## DIET 2100 - Nutrition in the Lifecycle

**Credit(s): 3 Credits**

A study of the physiological and psychosocial changes throughout the lifecycle that influence the nutritional needs of individuals. Spring semester.

**Prerequisite(s):** DIET 2080

**Attributes:** Nutrition, Health, Well Fndation

## DIET 2510 - Principles of Food Preparation

**Credit(s): 0 or 3 Credits**

This course combines classroom learning activities with hands-on cooking labs to provide an overview of fundamental cooking principles and food preparation. Students will develop proficiency in a variety of cooking skills including professional knife use, the proper execution of various cooking techniques and the identification and selection of a variety of food ingredients. (Offered every Fall and Spring)

**Attributes:** Nutrition, Health, Well Elective, UUC:Creative Expression

## DIET 2511 - Cultural Aspects of Food

**Credit(s): 3 Credits**

Food is a basic human need. Beyond biological functions, food also has rich cultural significance. Taste, preference, rituals, traditions, gender, social class, and nationality all influence food choices and behaviors. In addition, economic and environmental factors, globalization, localization, and social movements affect our access and attitudes toward food. In this course, we will examine how food behaviors and beliefs are shaped by culture in its many forms. Students will be challenged to reflect on their own food culture and identify factors that unite— rather than divide— food cultures throughout the world. (Offered every Fall)

## DIET 2750 - World Cuisines

**Credit(s): 3 Credits**

This culinary lab course provides an introduction to cuisines from around the world with an emphasis on distinct traditions, techniques, ingredients, and dietary patterns. Traditional cooking techniques and knife skills will be emphasized and practiced through the preparation of various traditional dishes.

**Prerequisite(s):** DIET 2510

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

## DIET 2930 - Special Topics

**Credit(s): 1-3 Credits** (Repeatable for credit)

## DIET 2980 - Independent Study

**Credit(s): 1 or 3 Credits** (Repeatable for credit)

## DIET 3030 - Sustainable Food Systems

**Credit(s): 3 Credits**

This course provides students with a clear perspective on the principles, history, and practices of sustainable food systems in local and global communities.

**Attributes:** Nutrition, Health, Well Elective

## DIET 3050 - Food Processing: Farm to Institution

**Credit(s): 3 Credits**

With the goal of establishing a robust local and sustainable food system, students will explore and think critically about each link in the food supply chain from farm to institution as they develop a value-added product based upon locally sourced ingredients. (Offered every Fall and Spring)

**Prerequisite(s):** DIET 2510; DIET 2750

## DIET 3190 - Garde Manger

**Credit(s): 3 Credits**

Introduction in garde manger work including sandwiches, salads, sausage production, vegetable carving, canapés, aspic, chaud froid, and buffet presentation. (Offered every Fall)

**Prerequisite(s):** DIET 2510

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

## DIET 3600 - Food Science

**Credit(s): 4 Credits**

Lab included. The study of food chemistry and the role of ingredients in food products. The study of the chemical and physical factors that influence food quality and food products. (Offered every Fall and Spring)

**Prerequisite(s):** (CHEM 1120 with a grade of C or higher or 0 Course from CHEM 166-2430 with a grade of C or higher); DIET 2510 with a grade of C or higher; DIET 2080 with a grade of C or higher

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

## DIET 3700 - Quantity Food Procurement/Prep

**Credit(s): 0 or 3 Credits**

Lab included. This course will consist of a lab and lecture designed to develop managerial food preparation and procurement skills. Students will be certified in foodservice sanitation manager level. Spring semester.

**Prerequisite(s):** DIET 2510

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

## DIET 3750 - Advanced Cooking

**Credit(s): 3 Credits**

Students will explore advanced culinary techniques that build on the techniques and knife skills mastered in the DIET 2510 Principles of Food Preparation course. Students will be challenged to have increased autonomy and leadership in the design and delivery of menus, kitchen management, and creative expression.

**Prerequisite(s):** DIET 3190

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 3850 - Advanced Nutrition****Credit(s): 4 Credits** (Repeatable up to 12 credits)

This course will provide the student with an understanding of 1) nutrition from the cellular level to the whole organism; 2) the metabolism of carbohydrates, lipids and proteins; and 3) the digestion, absorption, transport, function, metabolism, excretion, deficiency, and toxicity of nutrients.

**Prerequisite(s):** DIET 2080, BIOL 1240, BIOL 1245, CHEM 1120, CHEM 1125, CHEM 2410, CHEM 3600, and PPY 2540

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 3890 - Internship Seminar****Credit(s): 1 Credit** (Repeatable for credit)

Students will explore the process of applying to the dietetic internship. Students will learn how to prepare a professional quality, competitive application. (Offered every Fall)

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 3930 - Special Topics****Credit(s): 1-4 Credits** (Repeatable for credit)**DIET 3980 - Independent Study****Credit(s): 1 or 3 Credits** (Repeatable for credit)**DIET 4000 - Nutrition Capstone****Credit(s): 3 Credits**

The Nutrition Capstone is a culminating experiential learning opportunity for students on the Nutrition and Dietetics Scholars track. Students will work with a faculty mentor for an intensive experience in 1) nutrition science research, 2) culinary arts, or 3) service learning. The nature of the capstone work will be a collaboration between the student and assigned faculty mentor.

**DIET 4020 - Beverage Theory and Service: Wine, Spirits, Beer, Coffee & Tea****Credit(s): 0 or 3 Credits**

This course is designed to enhance students' understanding of the requirements needed to run a successful, profitable business. Students will be exposed to all facets of catering including menu planning, budgeting, staffing, ordering, preparing and ultimately executing the event. Also included are the principles of how to set up, operate, and manage a bar. Students will learn about wines, spirits, and beers and how they are served. Additional material covers layout and design, equipment, marketing, and staffing. Legal issues relevant to alcohol service is a particular focus. Lecture and Lab. (Offered every Fall)

**Prerequisite(s):** ACCT 2200

**DIET 4060 - Maternal and Child Nutrition & Health****Credit(s): 3 Credits**

This course will look at maternal and child health and nutrition through a public health lens. It will focus on both domestic and international health and nutrition issues as they relate to women and children. It will include service learning, for both undergraduate and graduate students, with a community agency that serves women and children. Additionally, graduate students in this course will also develop and lead a discussion on a related evidence-based research effort dealing with domestic or international maternal or child nutrition and health.

**DIET 4070 - Culinary Medicine****Credit(s): 3 Credits**

Culinary Medicine is the where the discipline of culinary arts intersects with evidence-based nutrition science fully embracing a "food-first" philosophy to wellness, disease prevention, and disease management. With this perspective in mind, we will use a hands-on approach to explore the blending of culinary skills with nutrition knowledge with the purpose of applying them in practical ways. This course will allow future nutrition professionals to assist patients and clients with lifestyle and diet modifications to optimize health. The curriculum will focus on general healthy eating principles as well as disease-specific diets with an emphasis on sustainable practices and the sociocultural.

**Prerequisite(s):** DIET 2080

**Corequisite(s):** DIET 4100

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4100 - Medical Nutrition Therapy I****Credit(s): 3 Credits**

Medical Nutrition Therapy I and II are semester-long courses that comprehensively cover the nutritional management of specific disease states. (Offered every Fall)

**Prerequisite(s):** DIET 3850

**Corequisite(s):** DIET 4110, DIET 4870

**DIET 4110 - Clinical Practicum Lab I****Credit(s): 2 Credits** (Repeatable for credit)

A semester long course that coordinates clinical and problem-based learning experiences with DIET-4100: Medical Nutrition Therapy I, the nutritional management of different disease states. Fall semester. Co-requisite: DIET-4100.

**Prerequisite(s):** DIET 3850

**Corequisite(s):** DIET 4100, DIET 4870

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4150 - Medical Nutrition Therapy II****Credit(s): 3 Credits**

Medical Nutrition Therapy I and II are semester-long courses which comprehensively cover the nutritional management of specific disease states. (Offered every Spring)

**Prerequisite(s):** DIET 4100

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4160 - Clinical Practicum Lab II****Credit(s): 2-3 Credits** (Repeatable for credit)

A semester-long course that coordinates clinical and problem-based learning experiences with Medical Nutrition Therapy II with additional focus on the nutritional support of the critically ill patient in an acute care facility.

**Prerequisite(s):** DIET 4110

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4250 - Baking and Pastry****Credit(s): 3 Credits**

This course provides an introduction to baking and pastry with fundamentals in bread, cookies, cakes, mousses, ice creams, and confections.

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4300 - Foundations in Comm. Nutrition****Credit(s): 3 Credits**

This course explores the foundations of community nutrition as well as current governmental programs, policies and administrative offices which address individual and public health, hunger and food safety issues at local, state, and national levels. Priority health issues relating to the promotion of good nutrition and preventive health care for each life stage are examined. Students learn basic skills for designing, implementing, evaluating and marketing nutrition intervention programs. Students also learn about food insecurity and sustainability. (Offered in Spring)

**Prerequisite(s):** DIET 2080

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**Attributes:** Urban Poverty - Health Care

**DIET 4350 - Food Systems Management I****Credit(s): 3 Credits**

This course focuses on the systems approach to decision-making, kitchen design and layout, equipment purchase specifications, and HACCP regulations for food-service facilities. (Offered every Fall)

**Prerequisite(s):** DIET 3700 with a grade of C or higher; MGT 3000; BLS 4510 with a grade of C or higher; (ECON 1900 or ACCT 2200)

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4360 - Food Systems Management II****Credit(s): 0 or 3 Credits**

Lab included. Advanced preparation of students involved in foodservice management with emphasis placed upon management of financial and human resources. Operational budget preparation, strategic planning, marketing for customer satisfaction, and quality improvement projects will apply the concepts taught during this course. (Offered every Spring)

**Prerequisite(s):** DIET 4350

**DIET 4400 - Nutrition Education****Credit(s): 3 Credits**

Study of principles and practices of nutrition education of groups, including aspects of public speaking and lesson planning. (Offered every Spring)

**Prerequisite(s):** DIET 2510; DIET 4100

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4500 - Nutrition Counseling****Credit(s): 0 or 3 Credits**

(Offered every Fall)

**Prerequisite(s):** DIET 2100

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4700 - Farm to Table Ecology****Credit(s): 3 Credits**

This urban farm-based course provides students with both a philosophical and practical foundation in the farm to table ethos, sustainable food systems, and organic gardening and farming. Students will spend the majority of the course time in the Saint Louis University Urban Teaching Garden and its relationship to Fresh Gatherings Café. The course will center on native plants and animals to the Missouri/Illinois region.

**Corequisite(s):** DIET 4350

**DIET 4850 - Mediterranean Diet / Lifestyle****Credit(s): 3 Credits**

In depth experience in Farm to Fork cooking in both USA and Italy. Ingredients, cooking styles, culture, and lifestyles will be examined. Particular attention given to the Mediterranean Diet, traditional Mediterranean cooking traditions, organic farms, and markets. (Offered every Fall)

**DIET 4870 - Research Seminar I****Credit(s): 1 Credit**

Assessment and critical analysis of current research papers in various areas of nutrition and dietetics. Emphasis is on examining more complex papers with an analysis of design and advanced statistics of research in the clinical setting.

**Prerequisite(s):** DIET 3850

**Corequisite(s):** DIET 4100, DIET 4110

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4880 - Research Seminar II****Credit(s): 1 Credit** (Repeatable for credit)

Assessment and critical analysis of current research papers in various areas of nutrition and dietetics. Emphasis is on examining more complex papers with an analysis of design and advanced statistics of research in the clinical setting. Spring semester.

**Prerequisite(s):** DIET 4870

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4930 - Special Topics****Credit(s): 1-4 Credits** (Repeatable for credit)**DIET 4950 - Culinary Philosophy & Practice****Credit(s): 3 Credits**

Limited to Culinary Emphasis students. This course is designed to integrate students culinary training, academic studies, and cooking experiences into various practical applications. Students will plan, prepare, and execute events ranging in scale so that students will understand how to be successful when faced with the various challenges presented. There will be an emphasis placed on both front and back of the house planning and preparation.

**Prerequisite(s):** DIET 3750

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4980 - Independent Study****Credit(s): 1-3 Credits** (Repeatable for credit)

Qualified students interested in doing work in specific areas of dietetics or wishing to amplify their knowledge of dietetics may pursue an individualized course of study Department approval is required.

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 5010 - Survey of Nutrition for Allied Health Professionals****Credit(s): 3 Credits**

This course offers a condensed presentation of the foundations of human nutrition, incorporating some of the biochemical and physiological aspects. The role of nutrition in normal growth, development and maintenance of body functions will be investigated. Additionally, of nutrition in the management of disease, disease prevention, and physical performance will be addressed with guidelines for referral. Popular dietary supplements, including sport supplements will be reviewed for cost, effectiveness, and side effects. Projects will reinforce application of nutrition concepts. (Offered every Spring)

**DIET 5030 - Sustainable Food Systems****Credit(s): 3 Credits**

This course provides students with a clear perspective on the principles, history, and practices of sustainable food systems in local and global communities.

**Attributes:** MPH-Behavior Sci & Health Equi

**DIET 5040 - Edible Wild Foods****Credit(s): 3 Credits**

Wild food is the ultimate in 'local' and 'seasonal' produce, and historically has always been a resource for nutrition and medicine. Students will be shown how to identify wild edible plants, as well as learning the different plant stories, their nutritional values, therapeutic purposes, historical context, and culinary applications. This class will also examine the beneficial role of bacteria within our bodies, the food system, food preparation, and food preservation. (Offered every Summer)

**Attributes:** Restricted to Majors

**DIET 5050 - Food Processing: Farm to Institution****Credit(s): 3 Credits**

With the goal of establishing a robust local and sustainable food system, students will explore and think critically about each link in the food supply chain from farm to institution as they develop a value added product based upon locally sourced ingredients.

**Attributes:** MPH-Behavior Sci & Health Equi

**DIET 5060 - Maternal and Child Nutrition and Health****Credit(s): 3 Credits**

This course will look at maternal and child health and nutrition through a public health lens. It will focus on both domestic and international health and nutrition issues as they relate to women and children. It will include service learning, for both undergraduate and graduate students, with a community agency that serves women and children. Additionally, graduate students in this course will also develop and lead a discussion on a related evidence-based research effort dealing with domestic or international maternal or child nutrition and health.

**Attributes:** MPH-Behavior Sci & Health Equi, MPH-Maternal & Child Health, MPH-Public Health Practice

**DIET 5070 - Culinary Medicine****Credit(s): 3 Credits**

Culinary Medicine is the where the discipline of culinary arts intersects with evidence-based nutrition science fully embracing a "food-first" philosophy to wellness, disease prevention, and disease management. With this perspective in mind, we will use a hands-on approach to explore the blending of culinary skills with nutrition knowledge with the purpose of applying them in practical ways. This course will allow future nutrition professionals to assist patients and clients with lifestyle and diet modifications to optimize health. The curriculum will focus on general healthy eating principles as well as disease-specific diets with an emphasis on sustainable practices and the sociocultural.

**Prerequisite(s):** DIET 3850

**DIET 5100 - Human Nutrition: Physiology and Metabolism I****Credit(s): 3 Credits**

Examines the role of nutrition in human metabolism and physiology with primary consideration of regulatory mechanisms; relationships appraised in both health and disease; emphasis on current research. (Offered every Fall)

**DIET 5130 - Human Nutrition: Physiology and Metabolism II****Credit(s): 3 Credits**

Examines the role of nutrition in human metabolism and physiology with primary consideration of regulatory mechanisms; relationships appraised in both health and disease; emphasis on current research. (Offered every Spring)

**DIET 5210 - Pediatric Nutrition****Credit(s): 3 Credits**

In-depth examination of the normal nutritional requirements for fetal development through adolescence in regard to normal physiological and psychological growth and the pathophysiologies specific to abnormal growth patterns. Evidence based nutrition intervention in chronic diseases and nutrition support of the critically ill child will comprise the second half of the semester. Based on review of recent research. (Offered every Fall)

**DIET 5220 - Gerontological Nutrition****Credit(s): 3 Credits**

In-depth exploration of the physiological, psychological and social aspects of nutritional needs during the aging process; integration and application of nutritional needs to programs and support systems for the elderly. (Offered every Fall and Summer)

**Prerequisite(s):** DIET 5130

**DIET 5300 - Community Nutrition****Credit(s): 3 Credits**

An overview of the delivery of public health and community nutrition programs based on the core public health functions of assessment, policy development, and assurance. Current issues relating to the promotion of good nutrition and prevention health care as they relate to those core functions are examined. Students will experience doing community assessments, evaluating and developing policy, and developing grant programs to assure the health and nutrition status of a designated target population. (Offered every Fall and Summer)

**DIET 5350 - Innovation in Dietetics Practice****Credit(s): 3 Credits**

This course introduces students to innovative opportunities in the dietetics profession such as private practice, small business ownership, and entrepreneurship. Students will launch a pilot venture related to food, nutrition, fitness, and/or health. Management and leadership styles will be explored. (Offered in Summer)

**DIET 5450 - Public Health Nutrition Practicum****Credit(s): 0-3 Credits (Repeatable for credit)**

Field experience in patient/client nutritional management at various sites under professional supervision (20 hours per week). Research component required as part of the practicum. Practice experience carried concurrently with theory. (Offered every Fall, Spring and Summer)

**DIET 5480 - Nutrition Education and Counseling****Credit(s): 3 Credits**

Educational theories and principles as applied to nutrition education will be studied and applied. Effective approaches for nutrition education programming and evaluation will be examined. This course will also cover counseling theories with a focus on motivational interviewing for the dietetics profession. Students will apply lecture material in providing peer and self evaluations of counseling techniques. (Offered every Fall)

**DIET 5550 - Nutr. & Physical Performance****Credit(s): 3 Credits**

Examination of metabolism and nutritional requirements associated with the performance of exercise. Emphasis on maximizing physical performance through nutrition. Includes in-depth coverage of nutrient quantities and qualities and the timing of nutrient consumption as they relate to exercise performance and training adaptations. (Offered every Summer)

**DIET 5690 - Bioenergetics of Exercise****Credit(s): 3 Credits** (Repeatable for credit)

This course provides a comprehensive survey of the bioenergetics of acute and chronic exercise in humans, with foci on the biochemical and physiologic responses of skeletal muscle and the cardiovascular system to acute and chronic exercise. The course focuses on research literature and emphasizes theory (i.e., principles and concepts).

**DIET 5700 - Exercise Testing And Prescription****Credit(s): 3 Credits**

An introduction to physical fitness assessment and exercise prescription with a focus on preparation for the American College of Sports Medicine Personal Trainer Certification. Includes assessment methods for cardiovascular and muscular fitness, body composition and flexibility, and an examination of the principles for prescribing cardiovascular, strength, and flexibility exercise. Also addresses emergency procedures and planning, risk stratification, and special needs for pediatric, pregnant, and older individuals. Includes a practicum laboratory. (Offered every Spring)

**DIET 5750 - Gastronomy****Credit(s): 3 Credits**

Gastronomy is the study of the relationship between food and culture. Food is an expression of culture but how we experience that food also creates culture. How, when, and where we eat shape our lives and create the experience of living within a particular culture. With this perspective in mind, we will delve into the relationship between various cultures and their distinct cuisine that arose within that context. As we face increasing homogeneity in world cultures and cuisines due to globalization and the spread of western pop culture, how can distinct ingredients, cuisines, techniques, and flavor profiles remain vital and preserved? How does the concept of 'terroir' extend beyond wines to include a culture's cuisine? We will also look at food taboos around the world: cultural and religious. How did these taboos develop, what are the modern forms/incarnations of those taboos, and what purpose do they serve?

**DIET 5850 - Mediterranean Diet / Lifestyle****Credit(s): 3 Credits**

In depth experience in Farm to Fork cooking in both USA and Italy. Ingredients, cooking styles, culture, and lifestyles will be examined. Particular attention given to the Mediterranean Diet, traditional Mediterranean cooking traditions, organic farms, and markets. (Offered every Fall)

**DIET 5870 - Seminar in Dietetics Research****Credit(s): 0-1 Credits**

Define a problem for in-depth research. Review of the research process and University and departmental requirements. (Offered every Fall)

**DIET 5880 - Research in Nutrition and Dietetics I****Credit(s): 1 Credit**

Conduct in-depth research, data collection, and statistical analysis, including completion of full IRB requirements. (Offered every Fall and Spring)

**Prerequisite(s):** DIET 5870

**DIET 5900 - Culinary Practicum****Credit(s): 1-4 Credits** (Repeatable for credit)

Practical entrepreneurial experience or research in culinary arts and nutrition under professional supervision with a focus on sustainability. (20 hours per week).

**DIET 5910 - Dietetic Internship****Credit(s): 2-4 Credits** (Repeatable for credit)

Required of all students participating in the American Dietetic Association accredited internship.

**DIET 5930 - Special Topics****Credit(s): 3 Credits** (Repeatable for credit)**DIET 5960 - Nutrition Capstone****Credit(s): 1-4 Credits** (Repeatable for credit)

The capstone consists of a supervised learning experience in the area of the student's concentration or in the broader areas of the student's MS or MS/DI degree training that enables them to apply knowledge and skills learned. Components of the project include a development of a proposal, completion of 40 clock hours of supervised fieldwork off-campus, preparation of a capstone portfolio, and a final oral defense.

**DIET 5980 - Graduate Reading Course****Credit(s): 1-3 Credits****DIET 5990 - Thesis Research****Credit(s): 1-4 Credits** (Repeatable for credit)

In this course, students propose an interesting and well-defined argument that addresses an important question to their discipline or area of study, grounds the argument thoroughly in the literature of this question, articulates the effect or contribution the argument of the thesis has on this literature, and presents supporting evidence.