

Master's programme

# Nutrition and Health

How can we help to keep the world population healthy? Public health is one of the main topics these days. In the master's Nutrition and Health you will learn about the role of dietary and lifestyle factors in human health and diseases. This role is studied from a biomedical perspective at molecular and cellular, individual and population level.

Students learn to solve problems with multidisciplinary biomedical knowledge and skills and as an interdisciplinary approach to communication with experts in human nutrition and other fields.



## What makes this master's unique?

- **Focus on the association between nutrition and health at all levels**
- **Opportunity to apply knowledge and skills and to be right up front in state-of-the-art research projects**
- **Opportunity to specialise in depth in one of the many areas within the field of nutritional sciences**



### *Want to get to know the university?*

Chat with our students, visit one of the (online) open days or join one of our students for a day. Look for all activities at [www.wur.eu/meetus](http://www.wur.eu/meetus)

## Study programme in numbers



**START**  
September



**NUMBER OF STUDENTS**  
200 students/year



**LANGUAGE**  
English



**STUDY LOAD**  
42 hours/week



**APPLICATION DEADLINE**  
non-EU/non-EFTA students:  
15 April  
Dutch/EU/EFTA students:  
15 June



**ADMISSION REQUIREMENTS**  
[www.wur.eu/apply](http://www.wur.eu/apply)

## Specialisations

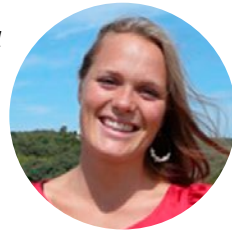
The field of Nutrition and Health encompasses a wide range of nutritional research. To find solutions for problems in this field you need scientists with knowledge of different aspects. For example the chemical and biochemical characteristics, physiological and biomedical aspects or the social and behavioural context of nutrition. This is why the programme has six different specialisations:

- Nutritional and Public Health Epidemiology
- Nutritional Physiology and Health Status
- Molecular Nutrition and Toxicology
- Sensory Science
- Systems Approach for Sustainable and Healthy Diets
- Food Digestion and Health



*“I chose the specialisation Nutritional Physiology and Health Status and combined this with Public Health courses. After finishing this master’s, I can say that I have the essential background and that I am able to link science with practice.”*

Alumna Francy Vennemann, trainee at the European Food Safety Authority in Italy



## Related programmes

MSc Data Science for Food and Health - MSc Food Safety - MSc Communication, Health and Life Sciences

### THE UNIVERSITY IN NUMBERS



6,936

Master’s students



108

Nationalities



66%

Dutch



34%

International



43%

Male



57%

Female

## Studying in Wageningen

Be part of our international community of students who want to change the world. Together we can find solutions for problems like health and food security, water scarcity, climate change and other environmental and global issues. You are ensured personal guidance throughout your student career. Studying in Wageningen guarantees premium quality education and an international quality benchmark on your curriculum vitae.

[www.wur.eu/whywageningen](http://www.wur.eu/whywageningen)



## Structure of the study programme

- 1<sup>st</sup>** YEAR (60 credits)
- Compulsory courses
  - Specialisation courses to prepare you for your major thesis
  - Optional courses that fit your interest

- 2<sup>nd</sup>** YEAR
- Major thesis (36 credits)
  - Research practise or internship (24 credits)

## Your future career

Graduates of this master’s work in different fields. For example, universities, medical centres, research institutes like TNO Healthy Living or in the public sector. But also companies involved with nutrition and biomedical sciences like Unilever and Danone Nutricia is possible.

## More information

Visit [wur.eu/mnh](http://wur.eu/mnh)  
or mail to [bvg.mnh@wur.nl](mailto:bvg.mnh@wur.nl)

