

# Family Relations and Applied Nutrition: MSc, PhD

## Applied Human Nutrition

Applied Human Nutrition is a field of study offered by the Department of Family Relations and Applied Nutrition. We are a unique, interdisciplinary academic unit focused on integrating research and practice. Our faculty members conduct applied and inter-professional research that encompasses the continuum of the life cycle in diverse settings, including public health, the community, and clinical settings.

[uoguelph.ahn](http://uoguelph.ahn)

The field of Applied Human Nutrition (AHN) offers a MSc and a PhD, which involve a combination of course work and a research thesis. In the case of a PhD, the completion of a qualifying exam is also required.

### Research Expertise

Graduate students have opportunities to conduct independent research from inception to analysis in community, lab and clinical settings using nutrition, epidemiological and/or social science methodologies.

### Admission Requirements

- An honours bachelor's degree, or equivalent
- A minimum 75% average in the last 2 years of study
- Grades of at least 75% in applied statistics and social science research methods courses
- For PhD, master's degree with a research-based thesis in human nutrition or a closely related field

### Application Deadline:

January 8, 2021



Mackenzie is competing her MSc in FRAN in the field of Applied Human Nutrition. Her research is using knowledge mobilization strategies to develop novel, family-based nutrition education strategies designed to increase the dairy consumption of preschool-aged children as part of the Guelph Family Health Study. Mackenzie hopes to follow her MSc with a doctoral degree in community or global nutrition.

### Eligibility

Individuals from an applied human nutrition discipline and those who have non-AHN backgrounds are encouraged to apply to the MSc and PhD options in the AHN field. We welcome students with diverse backgrounds such as applied human nutrition, nutritional sciences, food science, biomedical science, health promotion, psychology, and kinesiology.

### Faculty

Dr. Andrea Buchholz  
 Dr. John Dwyer  
 Dr. Dalia El Khoury  
 Dr. Laura Forbes  
 Dr. Jess Haines

### ARE YOU INTERESTED IN:

- Community nutrition
- Clinical nutrition
- Nutrition throughout the lifespan
- Physical activity and sports nutrition
- Chronic disease risk
- Food security
- International nutrition

### CAREER OPPORTUNITIES:

- Public health nutrition
- Sports nutritionist
- Nutrition program manager
- Research coordinator
- NGOs
- Regional/Public/International health agencies
- Regulatory affairs
- UN agencies
- Academia

### CONTACT INFORMATION

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 Shauna Porter  
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## Applied Human Nutrition Faculty and Research Areas

### Andrea Buchholz

I have three research streams: (1) Body composition and energy expenditure. I am the Director of the University of Guelph Body Composition Lab, and a co-investigator of the Guelph Family Health Study, with a research interest in children's and parents' body composition. (2) Dietary intakes of families, with a focus on calcium and dairy product intake. (3) The use of patient simulations in the education of undergraduate and graduate students in nutrition.

**Research Interests:** body composition (obesity), nutrition and dietary intakes of families, and the scholarship of teaching and learning.

### John Dwyer

My overarching research interest is health promotion, particularly the promotion of healthy lifestyle behaviours such as physical activity, non-sedentariness (less sitting), and healthy eating among adults and adolescents. Several specific areas of research interest are (a) psychology of physical activity, sedentariness, and healthy eating, (b) promotion of dog walking, and (c) program evaluation related to physical activity, dog walking, sedentariness, and healthy eating.

**Research Interests:** psychology of physical activity, sedentariness, and healthy eating; dog walking; program evaluation.

### Dalia El Khoury

My research interests lie in the areas of 1) exploring new biomarkers for the metabolic syndrome, and their modulation by functional foods and/or physical activity, both in pediatric and adult populations; and 2) investigating the prevalence and psychosocial determinants of dietary supplement use among university athlete and non-athlete students, gym exercisers and other populations at risk.

**Research Interests:** functional foods; the metabolic syndrome; biomarkers; nutrition education, and designing and implementing relevant nutrition education programs; dietary supplements.

### Laura Forbes

My research focuses on dietary intake during key developmental periods (adolescence, pregnancy) with the goal of preventing chronic disease, specifically, diabetes and obesity. Current projects focus on the health effects of dietary sugar intake during pregnancy, educating health care practitioners about how to discuss gestational weight gain and intake of unhealthy foods among university students.

**Research Interests:** nutrition, pregnancy, adolescence, carbohydrates, sugar, diabetes, obesity.

### Jess Haines

My research focuses on identifying modifiable family-level factors that influence children's health behaviours and translating that knowledge into effective behaviour change interventions. I am the Co-Director of the Guelph Family Health Study, a cohort study of families with preschool-age children, and the Director of the Parent-Child Feeding Laboratory where we aim to understand how parent-child feeding interactions influence children's dietary intake.

**Research Interests:** families, children, obesity prevention, behaviour change intervention, parent-child feeding interactions.

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