

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 research that encompasses the continuum of the life cycle in diverse settings, including public health, the community, and clinical settings.

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 5, 2024*

*Late applications up to March 28 2024, space permitting



Aiyu completed her MSc in FRAN in the field of Applied Human Nutrition. She enjoyed her time here and is now working towards her PhD in FRAN. Aiyu's MSc research focused on maternal dietary sugar intake in relation to maternal weight and body composition changes during and after pregnancy. Her PhD study continues exploring the topic of gestational weight gain (GWG) by developing and evaluating a resource booklet to help health practitioners understand how to communicate GWG with pregnant women.

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. Dalia El Khoury
 Dr. Laura Forbes
 Dr. Jess Haines
 Dr. Brian Lo
 Dr. Kathryn Walton

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
- Regional/Public/International health agencies
- NGOs
- UN agencies
- Regulatory affairs
- Academia

CONTACT INFORMATION

Graduate Program Assistant:

Shauna Porter
 519-824-4120 ext 53968
fran.graduate@uoguelph.ca

Applied Human Nutrition Faculty and Research Areas

Andrea Buchholz PhD, RD

I am a Registered Dietitian and the Director of the University of Guelph Body Composition Lab.

As a co-investigator of the Guelph Family Health Study (guelphfamilyhealthstudy.com), my research interests relate to predictors and outcomes of childhood and adult obesity. I am interested in the associations between lifestyle behaviours (particularly diet) and body composition.

Research Interests: body composition (obesity), nutrition and dietary intakes of families.

Dalia El Khoury PhD, RD

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 and designing and implementing relevant nutrition education programs.

Research Interests: functional foods; the metabolic syndrome; biomarkers; nutrition education; and dietary supplements.

Laura Forbes PhD, RD

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 PhD, RD

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.

Brian Lo, PhD

As a nutrition and health researcher, I conduct impact-oriented research that addresses socioeconomic and environmental influences on food choices and other weight-related behaviours among understudied populations, while drawing upon my expertise in mixed methods and community-based research. My current research projects include 1) examining the impacts of parenthood on fathers' diet and health, 2) understanding fathers' roles in children's diet and childhood obesity prevention, and 3) investigating the impacts of work-life balance on postdoctoral fellows' physical and psychological health.

Research interests: community nutrition, fatherhood, parenting, intervention planning and evaluation, postdocs' health, food environment, minorities' health, obesity prevention

Kathryn Walton PhD, RD

My research focuses on supporting the development of children's healthy eating habits from infancy through to school age. I am particularly interested in helping families with children at high risk of eating difficulties, including children born preterm and those with neurodevelopmental disorders. Current projects examine how nutrition during neonatal hospitalization is associated with brain development, growth and eating habits during childhood.

Research Interests: pediatric nutrition, food parenting, eating behaviours, preterm birth, neurodevelopmental disorders, family meals, obesity prevention

CONTACT INFORMATION

Graduate Program Assistant:

Shauna Porter
519-824-4120 ext 53968
fran.graduate@uoguelph.ca