

# 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](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:

[See website for date.](#)

Entry: Fall



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

Contact the CSAHS Graduate Program team at:  
[csahs.admissions@uoguelph.ca](mailto:csahs.admissions@uoguelph.ca)

# Applied Human Nutrition Faculty and Research Areas

## Andrea Buchholz PhD, RD

As a registered dietitian and Director of the University of Guelph Body Composition Lab, I am interested in the associations between lifestyle habits (particularly diet), body composition and cardiometabolic risk in families with young children. I am a co-investigator of the Guelph Family Health Study ([guelphfamilyhealthstudy.com](http://guelphfamilyhealthstudy.com)).

Research Interests: Body composition, diet, lifestyle, cardiometabolic risk

## 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; 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 3. assessing intake, knowledge and attitude with respect to global food trends such as plant-based diet and gluten-free diet.

Research interests: functional foods; the metabolic syndrome; biomarkers; dietary supplements; athletes, non-athletes, exercisers and other populations at risk; nutrition education; gluten-free diet; plant-based diet

## Laura Forbes PhD, RD

My research has two main focuses:

1. Nutrition during pregnancy. Current projects focus on the health effects of dietary sugar intake during pregnancy, gestational weight gain and long term impact of nutrition during pregnancy.
2. Practice-based research in dietetics. I have an ongoing research collaboration with the Waterloo Regional Health Network dietitians. Current projects include research on identification of cancer patients with malnutrition, body composition in kidney disease patients and enteral feeding strategies in the ICU.

Research Interests: nutrition during pregnancy, dietary sugar intake, obesity and diabetes prevention, dietetic practice-based research, clinical nutrition

## Jess Haines PhD, RD

My current research is focused on identifying effective strategies to support nutritious and environmentally sustainable eating. I conduct epidemiologic research on the determinants of sustainable eating behaviour and use these results to develop and test behaviour change interventions and knowledge mobilization tools. I am the Co-Director of the Guelph Family Health Study, a family-based cohort study ([guelphfamilyhealthstudy.com](http://guelphfamilyhealthstudy.com)) and the Principal Investigator of a study testing Supper Heroes, a family-based intervention focused on reducing household food waste and promoting plant-based foods.

Research interests: families, children, nutritious and environmentally sustainable eating, behaviour change interventions, knowledge mobilization

## Brian Lo, PhD, RD

As a nutrition and health researcher, I conduct impact-oriented research addressing socioeconomic and environmental influences on food choices and weight-related behaviours using both quantitative and qualitative methods. My current research interests include: 1) the impact of parenthood on fathers' diets and health, 2) fathers' roles in their children's diets and in childhood obesity prevention, and 3) the patient-client relationships between fathers and registered dietitians.

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

## Kathryn Walton PhD, RD

My research focuses on supporting the development of children's healthy eating habits and growth from infants 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 early life nutrition and parent-child feeding interactions are associated with eating habits, dietary intake and growth during childhood.

Research Interests: pediatric nutrition, parent-child feeding interactions, eating behaviours, preterm birth, neurodevelopmental disorders, family meals, obesity prevention

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## CONTACT INFORMATION

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# Family Relations and Applied Nutrition: MSc

## Critical Family and Kinship Studies

Critical Family and Kinship Studies 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.

[uoguelph.ca/cfks](http://uoguelph.ca/cfks)

The field of Critical Family and Kinship Studies (CFKS) offers a MSc which involves a combination of course work and a research thesis.

### RESEARCH CAPACITY

The innovative CFKS field emphasizes critical theories and creative methodologies to understand diverse expressions of family and kinship. Graduate students have opportunities to focus their research interests and build an individualized program of study that challenges dominant discourses through critical, poststructural, and decolonized approaches.

### ADMISSION REQUIREMENTS

- An honours bachelor's degree, or equivalent
- A minimum 75% average in the last 2 years of study
- Grade of at least 75% in a social science research methods course

### ELIGIBILITY

We welcome students with diverse backgrounds such as psychology, sociology, anthrozoology, critical animal studies, cultural and Indigenous studies, sexuality and gender studies, education, family studies, and human development.



### FACULTY ADVISORS

Dr. Kimberly Anderson  
 Dr. Andrea Breen  
 Dr. Adam Davies  
 Dr. Tuuli Kukkonen  
 Dr. Robin Milhausen  
 Dr. Orion Neustifter  
 Dr. Carla Rice  
 Dr. Olga Smoliak  
 Dr. Kim Wilson

To determine if your research interests are compatible with those of one or more of the department's graduate faculty please see their research pages at <https://family.uoguelph.ca/faculty>.

We strongly recommend that you contact faculty prior to your application to discuss shared interests and to include these in your statement of research interest.

### Application Deadline:

[See website for date.](#)

Entry: Fall

### ARE YOU INTERESTED IN:

- Indigenous studies
- sexuality and gender studies
- human-animal relationships
- critical disability studies
- critical and arts-based methodologies
- land-based education

### CAREER OPPORTUNITIES:

- research and evaluation
- program development
- education
- community and human services

### CONTACT INFORMATION

Contact the CSAHS Graduate Program team at:  
[csahs.admissions@uoguelph.ca](mailto:csahs.admissions@uoguelph.ca)

# Family Relations and Applied Nutrition: MSc, PhD

## Family Relations and Human Development

Family Relations and Human Development 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.

[uoguelph.ph/frhd](http://uoguelph.ph/frhd)

The field of Family Relations and Human Development (FRHD) offers an MSc and a PhD, which involve a combination of course work and a research thesis. For the PhD the completion of a qualifying exam is also required.

### RESEARCH CAPACITY

Building on core theory and methodology courses to support thesis work, this scientist-practitioner orientation prepares graduates to pursue an academic or professional career in a variety of settings.

### 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

### ELIGIBILITY

We welcome students with diverse backgrounds such as psychology, sociology and other social sciences, healthcare, applied health, health promotion, human development, cultural and Indigenous studies, sexuality and gender studies, education and developmental sciences.



*Sarina conducted her Family Relations and Human Development MSc research with Indigenous youth that reside in urban settings, to explore how they create and maintain culturally safe and significant spaces in the city. As cities increasingly become home to those who identify as Indigenous and given the importance of Indigenous resurgence and longevity, Sarina qualitatively explored this group to better understand their wants, needs, and dreams to inform a positive Indigenous futurity. As a young Métis woman, she holds this research close to her heart.*

### FACULTY

Dr. Kimberly Anderson  
 Dr. John Beaton  
 Dr. Andrea Breen  
 Dr. Samantha Burns  
 Dr. Susan Chuang  
 Dr. Tuuli Kukkonen  
 Dr. Scott B. Maitland  
 Dr. Robin Milhausen  
 Dr. Orion Neustifter  
 Dr. Michèle Preyde  
 Dr. Tricia van Rhijn  
 Dr. Carla Rice  
 Dr. Olga Smoliak  
 Dr. Kimberly Squires  
 Dr. Kimberley Wilson

Please see our [Faculty Research Pages](#) to determine if your research interests are compatible. We strongly recommend that you contact faculty prior to your application to discuss shared interests and include these in your statement of research interest.

**Application Deadline:**  
[See website for date.](#)

### ARE YOU INTERESTED IN:

- Child, Adolescent and/or Adult Development
- Gerontology
- Parent-Child and Family Relations
- Human Sexuality
- Program Evaluation, Intervention, Research Methodology

### CAREER OPPORTUNITIES:

- Direct service or supervisory capacity in government
- Community and human services
- Academia
- Private sector or public agency work
- Research related positions

### CONTACT INFORMATION

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# Master of Applied Nutrition: MAN

The Master of Applied Nutrition (MAN) program is a unique one-year combined internship/masters degree that prepares students for a career in dietetics. It accomplishes this by combining theory, empirical knowledge and professional skills through coursework and practical experiences. The MAN program complies with the accreditation standards set by Equal / Accreditation Canada and prepares students for eligibility for registration with a provincial dietetics regulatory body.

[uoguelph.ca/programs/master-of-applied-nutrition/](http://uoguelph.ca/programs/master-of-applied-nutrition/)

## PROGRAM

The MAN program consists of three components:

- Practicum placements
- Research Portfolio
- Graduate course work

## ADMISSION REQUIREMENTS

Students applying to the MAN program must have:

- An honours degree within the previous three years from an accredited dietetic undergraduate degree program
- A minimum average of at least 75% in the last two years of their undergraduate program
- Grades of at least 75% in applied statistics and social science research methods courses
- These requirements may be in progress at the time of application but must be completed by April 30
- Please see website for additional program requirements

### Application Deadline:

[See website for date.](#)

Entry: Fall



Master of Applied Nutrition, 2024-2025 cohort

## EXPERIENTIAL LEARNING OPPORTUNITIES

University of Guelph is centrally located. Diverse training experiences include hospitals, family health teams, private practice dietitians and large national organizations. Four students will complete a more clinically-focused practicum with Waterloo Regional Health Network (Kitchener) each year.

## ARE YOU INTERESTED IN:

- Dietetic entrepreneurship
- Health promotion
- Clinical nutrition
- Food service administration

## CAREER OPPORTUNITIES:

- Dietitian working in primary, acute or long-term care
- Quality improvement
- Public health dietitian
- Nutrition researcher
- Private practice dietitian



## CONTACT INFORMATION

Contact the CSAHS Graduate Program team at: [csahs.admissions@uoguelph.ca](mailto:csahs.admissions@uoguelph.ca)



# Master of Applied Nutrition: MAN

## WHY MAN?

- Master-practicum combined program completed in 3 semesters
- Application of classroom learning to placement, all in the same week
- Creation of practicum pathways with individual career objectives in mind
- Academic diversity with students from institutions across Canada
- Networking opportunities to support career development

## GRADUATE SPOTLIGHT

Jessica B.  
Registered Dietitian, Wellness and Sustainability Manager,  
Queen's University

### Education:

- MAN (University of Guelph)
- BASc Applied Human Nutrition (University of Guelph)
- Food and Nutrition Management Diploma (Canadore College)

### Areas of Interest:

- Foodservice administrative work
- Data/product analysis

### Continuing at Guelph:

After completing her undergraduate degree at Guelph, Jessica maintained ties with the university as a research assistant with Dr. Laura Forbes. It was during this time through discussions with Dr. Forbes that she became interested in the MAN program. "The more I talked about it with her, the more I loved it."

### About the program:

Although she had an idea of what to expect in the program through discussions with faculty, the program exceeded Jessica's expectations. From the course work completion of a PEN (Practice-based Evidence in Nutrition) Knowledge Pathway, to publication of her research project and feeling much more confident in facilitation and public speaking.

### Faculty and cohort support:

Support from faculty and her cohort reinforced Jessica's drive and confidence in not only her course work but as a future professional. Being asked on an ongoing basis to aid in the continuation of the MAN program through the use of her course work as exemplars for the new cohort, participation in interviews and orientation for the new cohort has built Jessica's confidence in her abilities.

## WHAT OUR GRADUATES SAY

"The MAN program introduced me to some of the most brilliant and kind individuals. From faculty, colleagues, and healthcare providers, I am proud to have been educated by such amazing mentors. Taking the lessons each of them have taught me into my future dietetic practice is a rewarding experience that truly excites me."

– Kate, 2025 MAN Graduate

"The experiences in the MAN program helped me discover where I belong in dietetics, even in areas I never thought I'd explore and ended up loving! The support and guidance from the coordinators, supervisors, and professors played a key role in shaping a meaningful and well-rounded experience"

– Ebtisam, 2025 MAN Graduate

"I had so many incredible experiences during my time in the MAN program! It truly opened my eyes to the wide range of roles and opportunities available to dietitians. When I first started, I didn't realize how broad the field truly was. But after each unique and diverse placement, I now feel inspired and excited about the many different paths I can pursue in the future."

– Larissa, 2025 MAN Graduate



"I am the go-to person for allergy management," says Jessica, "I work with students to help them navigate what they can and can't eat to keep them safe".

### Current Employment:

Since October 2017, she's been working as a registered dietitian and wellness manager at Queen's University, where she helps students with unique nutritional requirements.

Jessica works closely with campus chefs and hospitality staff to provide healthy meals for students and cater to their diverse dietary needs, which range from students with food allergies or sensitivities to those who follow vegetarian or vegan diets.



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