

Welcome to NSD 225: Nutrition in Health

Hello and welcome! I'm thrilled to have you in NSD 225 this semester. This course will be an engaging journey into the science of nutrition and its role in promoting health and well-being. We will explore how nutrients work in the body, how to make informed food choices, and how nutrition connects to overall wellness.

About Me

I have been teaching nutrition for over 10 years and have taught NSD 225 more than 12 times. My passion for nutrition extends beyond the classroom — I actively conduct research in the field of obesity, exploring ways to improve health outcomes. Outside of my professional work, I love to travel and immerse myself in new cultures, learning from the diversity and richness of the world around us.



Contact Information

Instructor: Dr. Latha Ramalingam

Email: lramalin@syr.edu

Help (office) Hours: Tuesdays & Thursdays, 1:00 – 2:00 PM (FALK 543)

Course at a Glance:

- Understand nutrient functions, sources, and requirements
- Learn nutrition needs across the life cycle
- Apply nutrition knowledge to real-life food choices
- Explore topics like weight control, sports nutrition, and supplements

I aim to create an inclusive, supportive environment where everyone can thrive. Whether you are new to the subject or have prior experience, your contributions are valued, and we will learn from one another.

E-mail Communication: When sending an email to me, use the following structure to receive response:

- Include “**NSD 225**” and say Tues/Thurs section in the subject heading to get a response.
- Begin with a greeting, Dr. Ramalingam or Professor Ramalingam - Write out your question.
- I typically check e-mails during the day between 9:00AM – 5:00PM on weekdays. Expect up to 24 hours for a response.