



# MASTER OF SCIENCE IN **NUTRITION AND LIFESTYLE MEDICINE**

Empowering Leaders to Tackle Global Health Challenges  
through Preventive Nutrition and Lifestyle Medicine

# WELCOME TO THE MASTER OF SCIENCE IN NUTRITION AND LIFESTYLE MEDICINE

As rates of chronic disease continue to rise, the need for a new approach to health has never been greater. In response, NUS Medicine has launched the first-of-its-kind Master of Science in Nutrition and Lifestyle Medicine, a transformative programme designed to empower those passionate about optimising health, building healthy habits, and enhancing quality of life for themselves and their communities.

Grounded in the latest science, Nutrition and Lifestyle Medicine offers proven strategies to prevent and manage non-communicable diseases and strengthen preventive health across all stages of life. Our programme blends evidence-based education with hands-on application, guided by a world-class faculty and enriched by global collaborations, including opportunities to engage with leading institutions such as Harvard University and The Culinary Institute of America.

**Whether you're a healthcare professional, wellness advocate, or change-maker, you'll gain the skills, network, and confidence to lead a future where people can truly thrive, living healthier, longer, and more fulfilling lives.**

Along the way, you will not only enhance your own health and well-being but also be equipped to inspire and uplift the well-being of others.

Join us in shaping healthier, longer, and more vibrant lives.

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## **Professor Cuilin Zhang**

Programme Director  
MSc in Nutrition and Lifestyle Medicine

Chair Professor in Women's Health  
NUS Yong Loo Lin School of Medicine





# PROGRAMME AT A GLANCE

The Master of Science in Nutrition and Lifestyle Medicine at the NUS Yong Loo Lin School of Medicine is a coursework-based programme designed to equip you with the expertise needed to address the growing challenges of an ageing population and rising non-communicable diseases (NCDs) in Asia. It will also help you enhance your own quality of life — enabling you to look, feel, and perform at your best while achieving your personal and professional goals.

With a focus on preventive care, the programme centres on evidence-based nutrition and lifestyle interventions to reduce the burden of chronic diseases such as diabetes, cardiovascular conditions, and obesity.

**Through cutting-edge research, practical application, and global collaboration, you'll be empowered to lead transformative health solutions that improve individual and community wellbeing — sustainably and cost-effectively.**

Graduates will be well-prepared for impactful roles in clinical practice, community health, corporate wellness, health policy, and health promotion, where demand for lifestyle medicine professionals is rapidly growing.



## **Comprehensive Knowledge**

Explore the relationship between nutrition, lifestyle, and health outcomes.



## **Leadership and Advocacy**

Equip yourself to drive meaningful change at community and policy levels.



## **Practical Skills Development**

Gain hands-on experience through internships and research projects.



## **Global Perspectives**

Tackle regional and international challenges with a holistic view.



## **World-Class Faculty**

Learn from leading academics and educators, supported by industry experts who bring real-world insights into the classroom.



## **Internationally Recognised Master's Degree**

Earn a master's degree from Asia's leading medical school, opening doors to advanced education and global opportunities.

## STUDY MODE

**Full-time 1 year**

**Part-time 2 years**

## TUITION FEES

For AY2026/2027:

**S\$65,400 (incl.GST)**



## PROGRAMME STRUCTURE

Core Courses	Capstone Courses	Elective Courses
<b>Complete 3 core courses</b>  NLM5001 Precision Nutrition NLM5002 Fundamentals of Lifestyle Medicine NLM5003 Nutrition Across the Life Course	<b>Complete Capstone Project I &amp; II</b>	<b>Choose a combination of 5 elective courses</b>
<b>12 units in total</b>	<b>8 units in total</b>	<b>20 units in total</b>
<b>Total: 40 Units To Graduate</b>		

 Explore the programme curriculum, study plan, and other details on our programme webpage.



# CORE COURSES

NLM5001 <b>Precision Nutrition</b>	Learn to interpret nutritional trends and design tailored interventions that empower individuals to live healthier, happier, and longer
NLM5002 <b>Fundamentals of Lifestyle Medicine</b>	Understand the core pillars of lifestyle medicine and how to apply evidence-based approaches to support lasting health improvements
NLM5003 <b>Nutrition Across the Life Course</b>	Explore lifestyle medicine strategies to prevent and reduce disease risk while promoting overall well-being
NLM5004A/NLM5004B <b>Capstone Project I &amp; II</b>	Integrate programme learning through a practical project that allows you to delve deeper into your area of interest, explore innovative solutions, and gain experience that can foster future career opportunities

 For the full breakdown of core and elective courses, visit our programme webpage.

# CAREER POSSIBILITIES



**Consultant**



**Corporate  
Wellness  
Manager**



**Educator**



**Health  
Coach**



**Policymaker**



**Public Health  
Advisor**



**Researcher**



**Specialised  
Clinician**



# WHO SHOULD APPLY?

The programme welcomes **local and international applicants** from diverse academic and professional backgrounds. It is ideal for:

## Working professionals

in healthcare, research, wellness, education, or the food industry

## Policymakers, consultants, and educators

in public health, nutrition, or health promotion

## Passionate individuals seeking to improve quality of life,

learn preventive health and lifestyle medicine, or those exploring a career change



# KEY ADMISSION REQUIREMENTS

## Academic and Professional Background

Bachelor's degree from an accredited institution

Other qualifications with relevant industry experience may be considered on a case-by-case basis

## Language Proficiency

International applicants whose undergraduate education was not conducted in English must demonstrate proficiency with a minimum TOEFL score of 85 (Internet-based) or an IELTS Academic score of 6.0

Please note that admission is competitive, and meeting the minimum requirements does not guarantee entry into the programme.

# REQUIRED DOCUMENTS FOR APPLICATION

- ✓ Statement of Purpose showcasing academic strength, research interests, motivation to study and long-term development goals
- ✓ Curriculum Vitae (CV) providing an overview of relevant experience, skills and qualifications, and accomplishments
- ✓ Degree Certificate and University Transcripts
- ✓ TOEFL / IELTS Scoresheet (if applicable)
- ✓ Financial Support Documents

📄 Visit our programme webpage for the full list of supporting documents required for your application.

# UPCOMING INTAKE

August 2026

# APPLICATION PERIOD

1 January 2026 - 31 March 2026

# FEE REBATES AND FUNDING

- ▶ Singaporeans and Singapore PRs: 40% tuition fee rebate
- ▶ NUS Alumni: 20% tuition fee rebate
- ▶ Tuition fees may be offset using SkillsFuture Credit

📄 For the most up-to-date information on tuition fees, payment schedule, and available grants or funding support, please visit our programme webpage.



# THE NUS MEDICINE ADVANTAGE



QS Medicine (Asia)



THE (World)



QS Medicine (World)

At the National University of Singapore (NUS), students receive a world-class education at one of the top global universities. The Yong Loo Lin School of Medicine is Asia's leading medical school, offering an exceptional opportunity to pursue advanced medical education.

Known for producing healthcare professionals who are innovators and leaders, its global reputation, paired with its focus on fostering critical thinking and innovation, makes its graduates highly sought after in both research and clinical settings. A master's degree from NUS Medicine is an investment in a future of leadership, expertise, and meaningful impact in the healthcare industry.

Statistics Source: Times Higher Education (THE) World University Rankings and Quacquarelli Symonds (QS) World University Rankings 2025



**SCAN QR TO START  
YOUR APPLICATION**



**Master of Science in Nutrition  
and Lifestyle Medicine (MSc NLM)**

For general enquiries, please email [dgsmarketing@nus.edu.sg](mailto:dgsmarketing@nus.edu.sg)

For programme-specific enquiries, please contact [medbx365@nus.edu.sg](mailto:medbx365@nus.edu.sg)



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