



# NUTRITION, FOOD, & DIETETICS

## Mission

The Nutrition, Food & Dietetics (NUFD) Program provides high quality experiential learning to diverse Sacramento State Students so that they become empowered professionals in their community who lead disease prevention, sustainability, food access and health promotion for individuals, families and communities.

The NUFD program offers options for students interested in pursuing nutrition, food, dietetics or health related careers.

- **BS Degree in Nutrition & Food (NUFD )**
- **Concentration in Dietetics (DPD)**
- **Minor in NUFD**
- **Certificate in Grocery Management**
- **MS Nutrition & Food**
- **Dietetic Internship (DI)**

## BS Degree in Nutrition & Food (NUFD) 54 Units

Prepares students for careers in the field of nutrition, food management, community nutrition, and food sustainability. The program emphasizes the role of nutrition and food in individual and family health, cultural and behavior influences on food selection, and the management of commercial and noncommercial food systems.

## Concentration in Dietetics (DPD) 82 Units

The optional concentration in Dietetics meets requirements that prepare students to become a Registered Dietitian Nutritionist (RDN), as well as a variety of careers in clinical nutrition, community nutrition, private practice, food service administration, and food science.

Students interested in becoming a Registered Dietitian Nutritionist (RDN) must declare the Dietetics concentration and complete additional science and dietetics coursework.

**“Employment of dietitians and nutritionists in California is projected to grow 16% from 2018-2028”**

*State of California,  
Employment Development  
Department*



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Nutrition, Food & Dietetics  
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[csus.edu/nufd](http://csus.edu/nufd)



## Minor in NUFD 21 units

The minor can complement many majors such as Health Science, Public Health, Kinesiology, Nursing, Child Development, Recreation, Parks & Tourism, Psychology, Gerontology, Family Studies & Human Development.

## Certificate in Grocery Management 15 units

The certificate focuses on food safety, grocery procurement and merchandising, human health and well-being, and marketing/human resource management.

## Master of Science in Nutrition & Food 30 units

The program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives.

Designed for career advancement in food access and nutrition education agencies (MS) and to complement Sacramento State's DI for those on the path to become Registered Dietitian Nutritionists (MS+DI).

## Dietetic Internship (DI)

This is a post-baccalaureate, 42 week internship that currently accepts 10 students annually. The program provides supervised practice at a variety of healthcare and community facilities with emphasis on disease prevention and public policy. MS+DI and DI only options available. [csus.edu/nufd/dietetic-internship](http://csus.edu/nufd/dietetic-internship)

## NUFD Student Opportunities

Sacramento State offers many opportunities for students to gain relevant experiences through internships, jobs, and student clubs:

- Food and Nutrition Club
- Peer Health Educator at the WELL
- Cardiovascular Wellness Program
- Population Research Center
- CalFresh Outreach
- BAC Yard
- ASI Food Pantry

## Careers Held by Sacramento State NUFD Alumni

- Nutrition Services Coordinator, Agency on Aging
- Child Nutrition Assistant, California Department of Education
- Nutrition Educator, UC Cal-Fresh Healthy Living
- Health Nutrition Specialist, Head Start
- Kitchen & Nutrition Coordinator, Soil Born Farms
- Director, Delta Healthcare WIC
- Clinical Dietitian, Sutter



NUFD Advisors

## NUFD Faculty

Faculty members provide quality education incorporated with innovative strategies and ample opportunities to apply knowledge and skills in laboratory, real-world, and service learning projects.

Faculty expertise includes clinical nutrition, community nutrition, public policy, food safety, food production and sustainability, behavioral nutrition, food security, and developmental nutrition.



For more information, contact  
Nutrition, Food & Dietetics Program

Mariposa Hall 3000

M-F 8 a.m. - 5 p.m.

(closed 12-1 p.m.)

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