



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)**

csus.edu/nufd

- **Concentration in Dietetics (DPD)**

csus.edu/nufd

- **Dietetic Internship (DI)**

csus.edu/nufd/dietetic-internship

- **MS Nutrition & Food**

Coming Soon!

BS Degree in Nutrition & Food (NUFD)

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.

Courses (54 Units)

Nutrition & Wellness

Food Safety

Principles of Food Preparation

Statistics

Psychology

Research Methods in
Nutrition & Food

Food Production &
Sustainability

Nutrition and Metabolism

Biology

Chemistry

Life Cycle Nutrition

Nutrition Education

“Employment of dietitians and nutritionists in California is projected to grow 19.8% from 2016-2026”

*State of California,
Employment Development
Department*



**SACRAMENTO
STATE**

Redefine the Possible

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Sacramento, CA 95819
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Concentration in Dietetics (DPD)

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.

Courses (81 Units)

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

Organic Chemistry	Biochemistry
Physiology	Medical Nutrition Therapy
Microbiology	Nutrition Assessment

Dietetic Internship (DI)

This is a post-baccalaureate, 42 week internship that currently accepts 10 students annually. The program provides full-time supervised practice at a variety of healthcare and community facilities with emphasis on disease prevention and public policy.

NUFD Student Opportunities

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

- Food and Nutrition Club
- March for Babies Club
- Thrive on Plants Club
- Peer Health Educator at the WELL
- Cardiovascular Wellness Program
- Public Health Survey Research Project
- 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
- Clinical Dietitian, Sutter
- Director, Delta Healthcare WIC
- Kitchen and Nutrition Coordinator, Soil Born Farms



NUFD Advisors

NUFD Faculty

Nineteen 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
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