

DIETETICS ADVISING SHEET

(DIDACTIC PROGRAM IN DIETETICS)

Catalog 2025-2026

Date:

Student:

Advisor:

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement updates.

To declare the Dietetics Concentration, first year or transfer students admitted as Nutrition and Food Major are required to complete the Core Course requirements below (Section A, 28 units) with a grade of at least C in each course, and an overall GPA ≥ 2.75 . Only first and second course attempts will be considered. Advising sessions for Nutrition and Food/Dietetics are scheduled on a monthly basis during the fall and spring semesters. Visit [Nutrition, Food & Dietetics website](#) and the [Didactic Program Dietetics \(DPD\) website](#) for more information.

The Didactic Program of Dietetics is granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

DIETETICS CONCENTRATION Requirements

A. Required Core courses (28 units)	Prerequisite*	NOTE
BIO 10 Basic Biological Concepts (3) (GE 5B)		
CHEM 1A General Chemistry I (5) (GE 5A+ 5C)	CARA Survey: Check Math requirement and Chem requirement	
CHEM 1B General Chemistry II (5)	CHEM 1A	
NUFD 9 Food Safety and Sanitation (3)		
NUFD 10 Intro to Nutrition (3) (GE 5B)		
NUFD 11 Principles of Food Preparation (3)	NUFD Majors and Minors	
NUFD 113 Nutrition and Metabolism (3) (GE 5 UD)	NUFD 10; BIO 2 or BIO 10 or BIO 20; and CHEM 1A or CHEM 5 or CHEM 6A*	
STAT 1 Intro to Statistics** (3)(GE 2)	ALEKS PPL Score ≥ 51 or Math 10	
B. Required lower division (10 units)		
BIO 39 Microbiology for Allied Health Students (4)	BIO 10; CHEM 1 A	
CHEM 20 Organic Chemistry Lecture: Brief Course (3)	CHEM 1B	
PSYC 2 Introductory Psychology (3) (GE 4)		
C. Required upper division (43 units)		
BIO 131 Systemic Physiology (4)	CHEM 1B and BIO 10	
CHEM 161 General Biochemistry (3)	CHEM 20 or CHEM 124; one year of Biological Science recommended.	
NUFD 100 Research: Methods and Application in Nutrition and Food (3)	6 NUFD units	
NUFD 107 Nutrition Education, Communication, and Counseling (3)	NUFD 10 and 3 NUFD units	
NUFD 110 Food Production and Sustainability (4)	NUFD 9; NUFD 10; NUFD 11	
NUFD 114 Cultural and Social Aspects of Food (3) (GE 3 UD and Race & Ethnicity)	NUFD 10	
NUFD 115 Nutrition: Pre-conception through Childhood (3)	NUFD 113	
NUFD 119 Nutrition: Adolescence through Older Adulthood (3)	NUFD 113	
NUFD 117 Community Nutrition (3)	NUFD 107; and either NUFD 115 or NUFD 119	
NUFD 121 Nutrition Assessment, Methods, and Support (3)	NUFD 113	
NUFD 118A Medical Nutrition Therapy I (3) (Fall only)	NUFD 113, NUFD 121, and BIO 131	
NUFD 118B Medical Nutrition Therapy II (3) (Spring Only)	NUFD 118A and CHEM 161	
NUFD 116 Food Service Management (3)	NUFD 110	
NUFD 168 Senior Seminar (3) (Fall only)	Permission of DPD Director	

* Dietetics core courses must be a grade of at least C. Other prerequisite courses must have a minimum grade of C-

** Students wishing to declare dietetics must choose CHEM 1A. CHEM 5 CHEM 6A will not meet the dietetics requirements for chemistry. ** STAT 10A or STAT 10B may be substituted for STAT 1



Applied for Graduation	Sac State GPA	
Overall GPA	GE GPA	
GPA for Major	GPA for UD Major	

Graduation Requirements:	Note
*Items numbered 1-4 should be taken in sequence.	
Minimum 120 units to graduate	
39 units of upper division (courses 100-199)	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. English Composition (GE 1A) (ENGL 5 or 11) "C- or better required"	
2. Second Semester English Composition (ENGL 20) "C- or better required"	
Foreign Language (FL) "C- or better required"	
Race & Ethnicity in American Society (RE)	NUFD 114
3. Writing Placement for Juniors (WPJ) Portfolio or ENGL 109	
4. Writing Intensive (WI) "C- or better required"	

General Education Requirements	Course	Note
LOWER-DIVISION (34 units)		
Area 1 English Communication		
1A. English Composition (3 units)		
1B. Critical Thinking (3 units)		
1C. Oral Communication (3 units)		
Area 2 Mathematical Concepts and Quantitative Reasoning		
One course (3 units)	STAT 1	
Area 3 Arts and Humanities		
3A. Arts (3 units)		
3B. Humanities (3 units)		
Area 4 Social and Behavioral Sciences		
Any (3 units)	PSYCH 2	
Any (3 units)		
Area 5 Physical and Biological Sciences		
5A. Physical Science (3 units)	Chem 1A or 6A	
5B. Biological Science (3 units)	BIO 10/NUFD 10	
5C. Laboratory (1 unit)		
Area 6 Ethnic Studies		
One course (3 units)		
UPPER-DIVISION (9 units)		
Area 2 or 5 (3 units) – Met by Major	NUFD 113	
Area 3 (3 units) – Met by Major	NUFD 114	
Area 4 (3 units)- Recommend Writing Intensive		

Note: For more information, please visit the [General Education page](#) and the Academic Requirement Page in the Student Center.

DIETETICS ACADEMIC PLAN

Chart your 2 or 4 year plan below:

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	

Notes: