

WHAT IS THE DIFFERENCE BETWEEN NUTRITION & FOOD AND DIETETICS?



Department of Nutrition, Food & Dietetics

Sacramento State

Major	B.S. Nutrition and Food	Dietetics Concentration in B.S. Nutrition and Food
Program Description	The major prepares students for careers in the field of nutrition, food management, and community nutrition, and food sustainability. The major emphasizes the role of nutrition and food in individual and family health, cultural and behavioral influences on food selection, and the management of commercial and noncommercial food systems.	The optional Dietetics Concentration (Didactic Program in Dietetics) prepares students for supervised practice leading to eligibility for the Commission on Dietetic Registration credentialing exam to become a registered dietitian nutritionist (RDN), as well as prepares students for nutrition and dietetic technician, registered (NDTR) credential, graduate school and a variety of careers in clinical nutrition, community nutrition, private practice, food service administration, and food science.
Requires a Pre-Major	No	Yes . To declare the Dietetics Concentration, first year or transfer students admitted as Nutrition and Food majors are required to complete the Pre-Major course requirements (28 units) with a grade of at least C in Bio 10; Chem 1A, 1B; NUFD 9, 10, 11,113; Stat 1, and an overall GPA ≥ 2.75 . Only first and second attempts will be considered.
Career Paths	<ul style="list-style-type: none"> • Nutrition and Health Educator • Community/Public Health Nutritionist • Food Service Manager/Hospitality • Health Inspector • Grocery Retailing • State Nutrition Program Assistant, Consultant, or Analyst • School Nutrition Services Specialist • Entrepreneur/Consultant • Nutrition Program Representative • University/Medical Research Assistant 	<p>In addition to career paths for Nutrition and Food, careers in Dietetics include:</p> <ul style="list-style-type: none"> • Registered Dietitian Nutritionist (RDN) • Nutrition and Dietetics Technician, Registered (NDTR) • Clinical Dietetics including Hospitals, Clinics, or other Health Care Facilities • Community and Public Health • Private Practice • Sports Nutrition • Corporate Wellness • Universities and Medical Centers • Research • Food and nutrition-related business and industries

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Units Required	Unit required: 54 Required Lower Division Core Course (23 units) Required Upper Division Core Courses (25 units) Elective Upper Division (6 units)	Unit required: 82 Required Lower Division Core Course (23 units) Required Upper Division Core Courses (25 units) Dietetics Concentration (34 units)
Course Work	<p>Required Lower Division Core Course (23 units)</p> <ul style="list-style-type: none"> – BIO 10: Basic Biological Concepts – CHEM 1A OR 6A-General OR Intro Chemistry – NUFD 9: Food Safety and Sanitation – NUFD 10: Introduction to Nutrition – NUFD 11: Principles of Food Preparation – STAT 1: Intro Statistics – PSYC 2: Intro Psychology <p>Required Upper Division Core Courses (25 units)</p> <ul style="list-style-type: none"> – NUFD 100: Research Methods in NUFD – NUFD 107: Nutrition Education, Communication, and Counseling – NUFD 110: Food Production and Sustainability – NUFD 113: Nutrition and Metabolism – NUFD 114: Cultural and Social Aspects of Food – NUFD 115: Nutrition: Pre-conception-Childhood – NUFD 119: Nutrition: Adolescence-Older Adulthood – NUFD 168: Senior Seminar <p>Elective Upper Division Courses (6 units)</p> <ul style="list-style-type: none"> – NUFD UD Elective – NUFD UD Elective <p>(Note: Check the upcoming class schedule for available courses.)</p>	<p>Required Lower Division Core Course (23 units)</p> <ul style="list-style-type: none"> – BIO 10: Basic Biological Concepts* – CHEM 1A: General Chemistry I* – NUFD 9: Food Safety and Sanitation* – NUFD 10: Introduction to Nutrition* – NUFD 11: Principles of Food Preparation* – STAT 1: Intro Statistics* – PSYC 2: Intro Psychology <p>Required Upper Division Core Courses (25 units)</p> <ul style="list-style-type: none"> – NUFD 100: Research Methods in NUFD – NUFD 107: Nutrition Education, Communication, and Counseling – NUFD 110: Food Production and Sustainability – NUFD 113: Nutrition and Metabolism* – NUFD 114: Cultural and Social Aspects of Food – NUFD 115: Nutrition: Pre-conception-Childhood – NUFD 119: Nutrition: Adolescence-Older Adulthood – NUFD 168: Senior Seminar <p>Dietetics Concentration (Required) (34 units)</p> <ul style="list-style-type: none"> – BIO 39: Microbiology for Allied Health Students – CHEM 1B: General Chemistry II* – CHEM 20: Organic Chemistry Lecture Brief Course – BIO 131: Systemic Physiology – CHEM 161: General Biochemistry – NUFD 116: Food Service Management – NUFD 117: Community Nutrition – NUFD 118A: Medical Nutrition Therapy I – NUFD 118B: Medical Nutrition Therapy II – NUFD 121: Nutrition Assessment <p>*Pre-Major Courses (28 Units) must be completed with at least C to declare dietetics concentration.</p>