



# Nutrition, Food & Dietetics Program Info Session on Dietetics Concentration and DPD Verification Statement

- Nutrition & Food, BS (NUFD)
- ***Dietetics Concentration (DPD)***
- Masters of Science (MS)
- Dietetic Internship (DI)



Nutrition, Food & Dietetics Program

Sacramento State

# Objectives

- **How to become a Registered Dietitian Nutritionist (RDN) & Nutrition Dietetic Technician Registered (NDTR)**
- **Nutrition and Food, BS with Dietetics Concentration**
- **Postbacc DPD Verification Statement**
- **2<sup>nd</sup> BS in Nutrition and Food, with Dietetics Concentration**

# Becoming a Registered Dietitian Nutritionist (RDN)

- Complete DPD requirements (mostly done at undergraduate level).
- Complete a graduate degree.
- Complete at least 1000 hours of supervised practice - i.e., Dietetic Internship (DI) or Supervised Practice Experience (SPE) with an accredited dietetics program. (ACEND)
- Pass the national credentialing registration exam for dietitians.
- Complete continuing professional educational requirements to maintain registration.



# Sacramento State DPD Program

- The  
Con  
Cou  
(ACE
- Upo  
Con  
grad
- With  
Prac  
calle



tetics  
ent,  
ed

# Offered At Sac State

- Undergraduate degree Nutrition & Food, BS or Nutrition & Food, BS with Dietetics Concentration (DPD Verification Statement)
- Graduate degree
  - 1) Master's + DI Program (~2 years)
  - 2) Master's Degree, Nutrition (~2 years)
  - 3) Dietetic Internship for those with a graduate degree (10 - 12 month long supervised practice program)



# Career Options

## Nutrition & Food

- Nutrition and Health Educator
- Community/Public Health Nutritionist
- Food Services Manager/Hospitality/Grocery Retail
- Environmental Protection Specialist (Health Inspector)
- University/Medical Research Centers
- Corporate Wellness Programs

## Dietetics

6% Job Growth  
\$84,560 median salary

- Registered Dietitian Nutritionist (RDN)
- Nutrition and Dietetics Technician, Registered (NDTR)
- Clinical Dietetics: Hospital/Health Care
- Community/Public Health Dietitian
- Corporate Wellness Dietitian/Sports Nutrition
- Entrepreneur/consultant/private practice

### Future Trends and Opportunities:

Functional Foods, “Food as Medicine”  
Sustainability, Planetary & Food Systems Nutrition  
Gut Microbiome & Personalized Nutrition  
High-Fiber, Reduced-Sugar, and Plant-forward Diets  
Nutritional-Technology & Food Innovation  
Nutrition Genomics



# Nutrition and Dietetics Technician, Registered (NDTR) Career Opportunities

- Clinical: Hospitals, clinics or other health-care facilities
- Nutrition/Milk Lab
- Dietary Manager/Director
- Telehealth NDTR
- Research
- Food Bank program coordinator
- School Food Service supervisor
- Senior Meals program coordinator
- Medically tailed meals programs



# Nutrition and Dietetics Technician Registered (NDTRs)

- NDTRs work under the supervision of registered dietitian nutritionists when in direct patient/client nutrition care; work independently in other settings
- Requirements:
  - Completion of dietetics courses (DPD verification statement)
  - Pass the NDTR registration exam
    - Human Nutrition and Clinical Care for Individuals (40%)
    - Community Nutrition and Wellness (30%)
    - Management and Foodservice Operations (30%)



# Nutrition and Food, BS with Dietetics Concentration



SACRAMENTO STATE  
*Redefine the Possible*

# Sacramento State DPD Program

## Advising & Additional Resources



Current and Prospective Students

Advising Worksheet

Declaring Dietetics Concentration

Student Success Resources

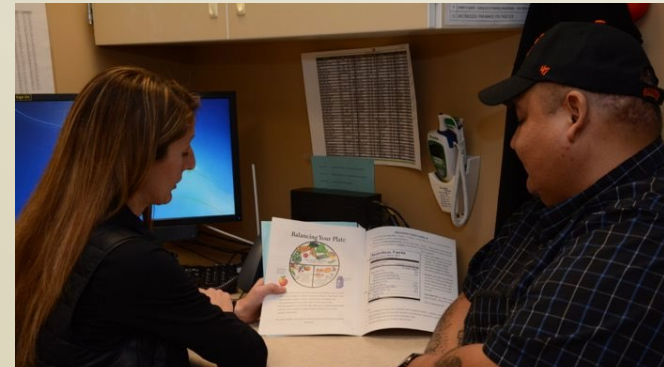
Academic Standing and Success Tools

# Dietetics Core Requirements (28 units)

(must pass with a C or better)

- BIO 10-Basic Biology
- CHEM 1A & 1B-General Chemistry
- NUFD 9-Food Safety Sanitation
- NUFD 10-Nutrition and Wellness
- NUFD 11-Principles of Food Prep
- NUFD 113-Nutrition and Metabolism
- STAT 1-Intro Stats

After these courses are completed and overall **GPA is >2.75** students can Declare Dietetics Concentration



# Sacramento State DPD Program

## Advising & Additional Resources



Current and Prospective Students

Advising Worksheet

Declaring Dietetics Concentration

Student Success Resources

Academic Standing and Success Tools

# Required Upper Division Courses (43 units)

- NUFD 100-Research Methods\*
- NUFD 107-Nutrition Education and Counseling\*
- NUFD 110-Food Prod. & Sustainability\*
- NUFD 113-Nutrition and Metabolism\*
- NUFD 114-Cultural and Social Aspects of Food\*
- NUFD 116-Food Service Management
- NUFD 117-Community Nutrition
- NUFD 115-Nutrition: Pre-conception-childhood\*
- NUFD 119-Nutrition: Adolescence-Older adulthood\*
- NUFD 118A: Medical Nutrition Therapy I
- NUFD 118B: Medical Nutrition Therapy II
- NUFD 121: Nutrition Assessment
- NUFD 168: Dietetics Pathway\*

\*Core Requirements for  
Nutrition and Food, B.S.  
that are also required for  
Dietetics



# Other Required Courses

- BIO 39-Microbiology
- BIO 131-Systemic Physiology
- CHEM 20-Organic Chemistry
- CHEM 161-General Biochemistry
- PSYC 2-Intro to Psychology



# What classes transfer from other institutions?

[www.assist.org](http://www.assist.org)

- NUFD 9 (Food Safety)
- NUFD 10 (Intro Nutrition)
- NUFD 11 (Food Preparation)
- Chem 1A, 1B (General Chemistry)
- Chem 20 (Organic Chemistry)
- Bio 10 (Basic Biology)
- Bio 39 (Microbiology)
- Stats 1 (Intro to Statistics)
- Psyc 2 (Introductory Psychology)



# Postbaccalaureate DPD

- Postbaccalaureate Dietetics Program at Sac State
  - for non-degree seeking students who have a US accredited **degree in Nutrition**
- Classes offered through College of Continuing Education Open University (financial aid is not available)
- Recommended to complete basic sciences (CHEM 1A, 1B & 20; BIO 10 & 39) before transferring to Sac State
- Check [assist.org](http://assist.org) for articulation



# 2<sup>nd</sup> BS, Nutrition and Food

[Visit 2<sup>nd</sup> BS website](#)

## Eligibility

- -Students with a **non-nutrition degree** from an accredited U.S. college/university (includes Food Science, Public Health)
- - Students who have completed coursework or have earned a baccalaureate or a higher degree from **international countries**
  - **-Before applying, foreign degree transcripts must be evaluated by approved agencies**

## Prerequisites to Enroll

- Overall **GPA ≥ 2.5 (& GPA ≥ 3.0 to Declare Dietetics/DPD)**
- At least **C** grade in: BIO 10, CHEM 1A & 1B, NUFD 9, 10, 11 & 113, STAT 1

**Apply through CalState Apply**



SACRAMENTO STATE  
*Redefine the Possible*

# NUFD Advisors

- Nadine Braunstein: [braunstein@csus.edu](mailto:braunstein@csus.edu)
- Jennifer Campbell: [jennifer.campbell@csus.edu](mailto:jennifer.campbell@csus.edu)
- Urvashi Mulasi: [mulasi@csus.edu](mailto:mulasi@csus.edu)
- Mical Shilts: [shiltsm@csus.edu](mailto:shiltsm@csus.edu)
- Kelly Thompson: [kelly.thompson@csus.edu](mailto:kelly.thompson@csus.edu)
- Seunghee Wie: [wie@csus.edu](mailto:wie@csus.edu)

- NUFD Department Chair, Seunghee Wie
- DPD Director, Jennifer Campbell
- DI Director, Nadine Braunstein
- MS Nutrition and Food Graduate Program Coordinator, Mical Shilts
- Kelly Thompson, Grocery Management Certificate Coordinator



- Academic Planning
- Mentorship
- Career Options
- Schedule an appointment with a NUFD Faculty Advisor
  - Appointment links at [www.csus.edu/nufd](http://www.csus.edu/nufd)



SACRAMENTO  
STATE

# Thank you

## **NUFD catalog**

<https://catalog.csus.edu/courses-a-z/nufd>

## **NUFD Website**

[www.csus.edu/nufd](http://www.csus.edu/nufd)

## **Nutrition and Food Department Email:**

[nufd@csus.edu](mailto:nufd@csus.edu)

## **DPD Director Email:**

[Jennifer.Campbell@csus.edu](mailto:Jennifer.Campbell@csus.edu)



[csus.edu/nufd](http://csus.edu/nufd)