

# EXPLORE food majors

## NUTRITION SCIENCE

## DIETETICS

## FOOD SCIENCE

### WHAT IS IT?

Nutrition science students learn how foods and nutrients impact health, disease, and physical performance. They study how nutrients work in the body, their effects on human health, and what factors influence dietary behaviors.

A registered dietitian nutritionist (RDN) is an expert in food and nutrition and an advocate for healthy eating. RDNs can work in clinical facilities, food service establishments, and community programs.

Food science students study the composition of food and food ingredients. They learn to preserve, process, package, and distribute food that is nutritious, wholesome, affordable, desirable, and safe to eat. Food scientists are in high demand.

### MAJOR INFO

Two emphases are available:  
 (1) **Sports Nutrition** prepares students to work in the fitness, health and dietary supplement industries.  
 (2) **Pre-health** prepares students to enter health professional programs, like med and dental school.

Students learn nutrition principles and how to apply the concepts in clinical, food service management, and community.

USU's dietetics program prepares students for the national registration exam for dietitians, required for licensing in most states.

Food science integrates a broad range of core sciences like chemistry, biology, and nutrition.

A food science minor is also available and pairs well with majors like nutrition science, dietetics, chemistry, biochemistry, and bioengineering.

### CAREERS

- Nutrition specialist
- Community nutritionist
- Nutrition educator
- Prepare for advanced degrees in medical, dental or research

- Registered dietitian nutritionist (RDN)
- Clinical nutritionist (hospitals, long-term care facilities)
- Private consultant

- Food product scientist
- Food safety expert
- Product development
- Sensory scientist
- Food engineer



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WANT MORE INFO?

