The nutrition major explores how nutrients and the foods from which they are derived aid the body in health, growth, and development. With major national and international concerns for how food and nutrition affect health and disease, registered dietitians and nutritionists have many career opportunities.

As a nutrition major, you’ll choose one of three options:

1) Nutrition Studies
2) the Didactic Program in Dietetics
3) Nutritional Science

You’ll learn to educate and coach people about nutrition and health in the nutrition studies track. You can prepare to be a dietician in the dietetics track. Or you can take the nutritional science track if you’d like to prepare for other health professions.

The Didactic Program in Dietetics (DPD) is currently granted Accreditation by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, Phone: 800-877-1600, Website: www.eatright.org.

Student Experiences
Student Group Spotlight: Food Science and Nutrition Club

Study Abroad Options

Learn more about study abroad options for Nutrition majors.

Meet Our Alumni

Sara Eugene ‘07

Sara is the coordinator for Minneapolis Public Schools Culinary and Nutrition Services. Sara works directly with the Minneapolis community to expand food programs and reduce hunger and food insecurity. Sara’s passion aligns directly with the mission statement of her current workplace: “Nurturing Students through Access to Quality Food.”

You might also explore

- Food Systems
- Human Physiology
- Agricultural and Food Business Management
- Biochemistry
Associated Careers

Assistant Food Editors, Community Health Workers, Dietetic Technicians, Dietitians, Food Labeling Specialists, Food Technologists, Nutrition Educators, Nutritionists, Sales Representatives