Is Nutrition and Foods for You?
Texas State’s College of Applied Arts Academic Advising Center is a helpful resource if you are considering a nutrition and foods major. You can visit the center online at www.advising.appliedarts.txstate.edu.

Admission to Texas State
For more information on Texas State and how to apply for admission, visit www.txstate.edu/prospective.html or contact the Office of Undergraduate Admissions at admissions@txstate.edu or 512.245.2364.

Scholarships
Scholarships and awards are presented each spring to qualified students in the Department of Family and Consumer Sciences. Recipients are selected for their accomplishments in the areas of leadership, academic performance and professional potential. The scholarships are made available through the department as a result of individual, student group and employer contributions.

Texas State offers many scholarships that are open to all majors. For more information on other Texas State scholarships, visit www.finaid.txstate.edu, or contact the Financial Aid and Scholarships office at 512.245.2315.
Nutrition and Foods

If you’re interested in a degree program in which you will learn to apply sound nutrition principles, the nutrition and foods program at Texas State University-San Marcos can provide you with a dynamic education. Courses are based on current scientific research and support the role that a diet rich in whole foods plays in preventing disease and attaining a healthy lifestyle.

Degree Program

The nutrition and foods program offers four tracks that can prepare you for a graduate program or a variety of careers.

• Didactic Program in Dietetics
• Nutritional science
• Nutrition and foods with a minor
• Hospitality, nutrition and food science teacher certification

The Didactic Program in Dietetics, which is accredited by the Commission on Accreditation for Dietetics Education (CADE), is for students who wish to pursue the Registered Dietitian (RD) credential. The RD is required for many job opportunities in nutrition and foods, including positions in medical facilities and private practice.

Career Opportunities

Increased interest in nutrition by the public, by industry and by government agencies demonstrates that the nutrition and foods major is a promising choice with diverse career opportunities. Graduates from all tracks can pursue jobs in research and industry; as managers of food service operations in restaurants, health care facilities, schools and industry; and in the Special Supplemental Program for Women, Infants and Children (WIC).

Registered dietitians are qualified to work in clinical, community or management venues addressing the nutritional needs of individuals or groups in clinics, health care facilities, medical offices, school systems, corporations, public health organizations, fitness centers and private practice. They may also work as independent consultants for professional athletes.

Students who also obtain graduate degrees can seek a variety of jobs, including clinical nutrition manager, health education coordinator, clinical education coordinator, food technologist, functional food/nutraceutical formulation scientist or research and development manager.

To graduate with this major, you must maintain at least a 2.75 Texas State GPA, but a 3.0 or greater improves your ability to gain acceptance into post-graduate internships. To attain the RD credential after graduation, you must complete a post-graduate dietetic internship (DI) and pass the Registration Examination for Dietitians.

Nutrition and foods with a minor is for students who are interested in the study of nutrition but do not plan to seek the RD credential. This major includes fewer science courses and requires students to choose a minor. Graduates with this degree may pursue one of the many career opportunities in food-related or hospitality businesses, education, research, health agencies, sales or media communications.

The hospitality, nutrition and food science teacher certification degree option is for those who wish to teach in secondary school programs.

Courses

The curriculum for each of the programs includes support courses from the departments of Agriculture, Chemistry & Biochemistry, and Biology. Courses offered in the nutrition and foods program include:

• Advanced Food Science
• Biochemical Nutrition
• Food Science
• Food Systems
• Food Systems and Production Management
• Functional Foods and Nutraceuticals
• Internship in Nutrition and Foods
• Medical Nutrition Therapy
• Nutrition Science
• Nutritional Assessment
• Nutrition for Wellness and Fitness
• Nutrition and Genetics
• Nutrition Counseling and Education
• Nutrition in the Lifespan

Texas State now offers a master of science in human nutrition. For information see www.fcs.txstate.edu/degrees-programs/nutr/ms_nutr.html

www.fcs.txstate.edu