

Nutrition

What can I do with this degree?

The Nutrition and Foods program at Texas State provides a current and dynamic education. Students will learn the scientific bases for optimizing diets by focusing primarily on whole foods, and they will learn how to practically apply sound principles of nutrition.



Nutrition Skills

- Leadership/Management
- Research/Scientific
- Helping/Teaching
- Communication
- Critical Thinking
- Judgment/Decision Making
- Assessment/Planning

CAREER PATHS

(Some of the occupations outlined in this brochure may require additional education or training)

...in Dietetics

This major is for students who may wish to pursue the Registered Dietitian (RD) credential or take the Dietetic Technicians Registration Examination (DTR). The RD credential is required for many job opportunities, including positions in hospitals, and significantly improves qualification for employment in many nutrition-related jobs. These jobs are often the higher-paying jobs. Graduates from this track are also well prepared for graduate school.

Sample Job Titles

- Clinical Dietitian
- Community Dietitian
- Consulting Dietitian
- Administrative Dietitian
- Nutrition Journalist
- Corporate Dietitian
- Community Nutrition Manager
- Food Service Manager/Director
- Nutrition Researcher
- Nutrition Educator
- Wellness Program Coordinator
- Sports Dietitian
- Outpatient Dietitian
- School Foodservice Director
- School Nutrition Dietitian
- Clinical Nutrition Manager
- Home Health Care Dietitian
- Nutrition Counselor
- WIC Dietitian

Possible Work Settings

- Hospitals
- Medical Clinics
- Long Term Care Facility
- Assisted Living Facility
- Schools
- Home Health Care
- Wellness Centers
- Fitness Centers
- Private Practice
- Government Health Departments (national, state, local)
- Public Health Agencies
- Private Companies
- Non Profit Organizations
- Food Production Companies
- Food Industry Laboratories
- Research Laboratories
- Athletic Teams

....in Nutrition & Foods

This program is for students who are interested in studying nutrition but who do not plan to seek the RD credential. This major allows you to choose from a variety of minors. 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.

Sample Job Titles

- Food Services Manager
- Food Service Specialist
- Food Service Administrator
- Food Service Representative
- Food Inspector
- Food Safety Specialist
- Food Product Analyst
- Quality Control Technician
- Quality Assurance Tester
- Food Technologist
- Food Product Developer
- Head Start Nutrition Coordinator
- Meals on Wheels Nutrition Coordinator
- Food Marketing Specialist
- Food Scientist
- Food Sales
- Food Stylist
- Community Nutrition Specialist
- Nutrition and Food Researcher
- Nutrition and Food Educator
- Nutrition Consultant
- Wellness Program Coordinator
- WIC Nutritionist
- Food Bank Nutritionist
- Cooperative Extension Specialist
- Food Journalist

Possible Work Settings

- Food Production Companies
- Food Industry Laboratories
- Research Laboratories
- Hospitals
- Nursing Homes
- Universities
- Schools
- Hotels
- Restaurants
- Wellness Centers
- Fitness Centers
- Public Health Agencies
- Private Companies
- Non Profit Organizations



...in Nutrition & Foods

The hospitality, nutrition and food science teacher certification degree option is for those who wish to teach in secondary school programs. The program includes many courses in Nutrition and Foods, and prepares graduates for careers in education. In addition to teaching in junior and senior high schools, graduates with this degree are highly qualified to work for the Cooperative Extension System (Texas Agrilife).

Resources

Texas State University-Student Organizations

- Student Nutrition Organization (SNO) <http://www.fcs.txstate.edu/people/organizations/sno.html>

Professional Organizations

- Academy of Nutrition and Dietetics <http://www.eatright.org/>
- American Society for Nutrition <http://www.nutrition.org/>
- Association of Nutrition & Foodservice Professionals <http://www.anfponline.org/>
- American Nutrition Association <http://americannutritionassociation.org/>
- Accreditation Council for Education in Nutrition and Dietetics <http://www.eatright.org/acend/default.aspx>

Job/Internship Search Links

- <http://www.healthcareers.com/eatright/search-jobs/>
- <http://jobs.nutrition.org/>
- <http://www.eatrighttexas.org/employment/jobs.asp>
- <http://www.dshs.state.tx.us/wichd/joblist.shtm>
- <http://www.healthcareers.com/dietetics-nutrition-jobs>
- <http://www.nutritionjobs.com/>
- <http://www.dietitiancentral.com/>
- <http://www.food-science-jobs.com/>
- <http://www.foodscience.com/Food-Science-Job-Openings.html>

www.careerservices.txstate.edu

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