



# What Can I Do With a Major in... **Nutrition & Dietetics**

## **What is Nutrition and Dietetics?**

Dietetics is the study of human nutrition and its application in providing for the dietary needs of people. Dietetics programs are designed to prepare individuals for occupations as Professional Dietitians and Nutritionists, Dietetic Technicians, and Dietetic Assistants. Students learn about nutrition and develop skills in menu planning and quantity food preparation for institutional food service.

### **Potential Employers:**

- ❖ Restaurants
- ❖ Nursing Homes
- ❖ Hospitals
- ❖ Health and Wellness Institutions
- ❖ Diet Therapy Institutions
- ❖ Schools

### **Possible Job Titles:**

- ❖ Restaurant Manager
- ❖ Meal Prep Specialist
- ❖ Dietician
- ❖ Health Service Administrator
- ❖ Nutritionist

- ❖ Food Technologist
- ❖ Food Scientist
- ❖ Chef
- ❖ Food Service Director
- ❖ Nutritional Scientist

- ❖ Consumer Studies Specialist
- ❖ Maternal and Childhood Nutrition Specialist
- ❖ Nutritional Biologist

# How This Major Helps You Move Forward:

## Skills I've Learned in this Major:

- ❖ Understand the different diseases linked to poor nutrition
- ❖ Evaluate food quality
- ❖ Be able to prepare a proper diet for various types of bodies
- ❖ Understand dietary needs of the young, elderly and ill
- ❖ Menu planning
- ❖ Purchasing and preparation of meals under different budgets
- ❖ Chemistry of food

## Additional Information can be found at:

[www.assist.org](http://www.assist.org)  
[www.salary.com](http://www.salary.com)  
[www.uncw.edu/career/WhatCanIDoWithaMajorIn.html](http://www.uncw.edu/career/WhatCanIDoWithaMajorIn.html)  
[www.cacareerzone.org](http://www.cacareerzone.org)  
[www.lamission.edu/careercenter](http://www.lamission.edu/careercenter)

## CSU/UC Related Transfer majors (BA/BS):

- ❖ **CSUN:** Family and Consumer Sciences B.S. Nutrition, Dietetics and Food Science Option
- ❖ **Cal Poly Pomona:** Foods and Nutrition B.S. (with options in Dietetics & Nutrition Science)
- ❖ **CSU Long Beach:** Dietetics and Food Administration B.S. with Nutrition and Dietetics Option
- ❖ ... and more!

Go to [www.assist.org](http://www.assist.org) to see universities that offer these majors

## Graduate Degree Options (MA/MS):

- ❖ **UC Davis:** Nutritional Biology MS
- ❖ **SDSU:** Nutritional Sciences MS/Exercise Physiology MS (Concurrent)
- ❖ **CSU Long Beach:** Nutritional Science MS

This is **general information**. For specific information on majors and careers please see a counselor in the Career Center – Claudia Ramirez (818) 833-3403; [careercenter@lamission.edu](mailto:careercenter@lamission.edu)