

Nutrition and Foods | Bachelors

	FIRST YEAR	MIDDLE YEARS	LAST YEARS
ADVANCE your academic journey	Explore the Nutrition & Foods Program website and the nutrition majors Canvas site. Meet with your Applied Arts Advisor to develop your academic plan. Take advantage of the Student Learning Assistance Center (Tutoring). Visit TXST One Stop for scholarship opportunities.	Meet with the Applied Arts Advising Center for questions about the major. Share your knowledge as a Student Nutrition Organization (SNO) mentor. Meet with a faculty mentor to select an undergraduate research opportunity Seek scholarship opportunities offered by the College of Applied Arts.	Check your Degree Audit & meet with your academic advisor. Complete the capstone course, NUTR 4301, Career Exploration Explore next steps including TXSTs MS in Human Nutrition and Dietetic Internship. Create and update a digital portfolio of academic work and experiences Complement your degree with a micro credential from Alkek One.
EXPAND your personal and social development	Build social networks by joining the Student Nutrition Organization (SNO). Get involved by volunteering for Bobcat Bounty, an on-campus food pantry run by nutrition students. Find additional events and organizations through the Bobcat Organization HUB. Attend Education Abroad and Study in America information sessions to plan a future opportunity to have a global or intercultural experience.	Explore volunteer, internship, and career opportunities on the nutrition major Canvas site. Get involved by volunteering for Bobcat Bounty, an on-campus food pantry run by nutrition students. Attend a Student Government senate meeting to contribute to your fellow students and your own student experience. Expand your leadership skills through Student Involvement's Leadership & Service programming and workshops.	Volunteer for Bobcat Bounty, an on-campus food pantry run by Nutrition students. Seek out a leadership role with SNO or another organization through Leadership & Service. Complete a research project in a nutrition faculty member's group or laboratory.
ENRICH your practical competence	Explore the TXST One Stop for more information about the scholarships provided to new and continuing students. Attend an IDEA Center workshop to learn more about undergraduate research. Visit BOSS for scholarship opportunities.	Review NUTR 4301: Career Exploration guidelines and requirements before participating in this capstone, undergraduate internship course. Join a nutrition faculty member's research group to conduct undergraduate research. Participate in a leadership activity or hold a leadership role in a student organization through Student Involvement and SNO. Become a member of Phi Upsilon Omicron, a national honor society in Family and Consumer Sciences, to recognize academic excellence, develop leadership qualities, provide service opportunities, and demonstrate commitment to the profession.	Join a professional organization in your major or passion such as the Texas Student Dietetic Association, or the American Society of Nutrition. Attend a professional conference such as the Texas Academy of Nutrition and Dietetics, Food & Nutrition Conference and Expo, or the American Society of Nutrition. Deliver a presentation in the TXST undergraduate research conference or at a professional conference.
ELEVATE your career and professional development	Attend a Student Nutrition Organization (SNO) presentation by a professional in the field of nutrition. Complete your Career Assessments, such as Focus2. Create your Handshake profile. Create and review your LinkedIn profile to establish your professional network. Develop and review your resume with Career Services.	Attend Information Sessions for TXST's master of science in human nutrition and Dietetic Internship. Explore your career path in the field of Nutrition. Build your professional network by getting to know faculty at and event hosted by Nutrition faculty and the MS in Human Nutrition's Coffee Talks. Develop and review your resume with Career Services. Prepare to ace your job interviews with Career Services.	Strengthen your relationships with faculty as professional references. Develop a full-time employment or graduate school plan with Career Services. Apply to TXSTs MS in Human Nutrition or other graduate programs. Complete your First Destination Survey to share your post-graduation plans.

OUTCOMES

Marketable Skills

Think critically

Analyze and solve problems

Communicate clearly and effectively

Assess the nutritional health of individuals, collect and review dietary history vs. recommended dietary intakes, and provide counseling and education using written and oral methods to facilitate behavior change and enhance wellness

Compile, critically evaluate, and write about scientific literature pertaining to nutrition topics ranging from community nutrition to the molecular effects of macro- and micro-nutrients

See [more marketable skills for this major](#)

Experiences in Nutrition and Foods

Students majoring in nutrition study the relationships between dietary patterns, nutrient status, food and eating behaviors and the health of individuals and populations through instruction, research, and service learning. Majors prepare for positions in private practice, hospitals and health care systems, government agencies, non-profit organizations, schools and childcare settings, and the food, nutrition, pharmaceutical, and wellness industries as well as pursuing advanced degrees and careers in research. There are three degree tracks. The first track, pairs the nutrition and foods major with a minor of the student’s choice, allowing students to customize coursework to prepare for careers in behavioral, clinical, community and public health nutrition, food service administration, wellness, and other areas. The second track, dietetics, is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and provides cutting-edge training and valuable experiential learning opportunities for students seeking to become Registered Dietitian Nutritionists (RDNs). RDNs are uniquely qualified to provide medical nutrition therapy utilizing the nutrition care process in clinical and a variety of community settings. Graduates of this track who complete all didactic requirements will receive a verification statement and are qualified to apply for dietetic internships in pursuit of the RDN credential. The third track is for students pursuing the Texas Teacher Certification requirements.

Career Opportunities

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| Community nutrition specialist | Meals on Wheels nutrition coordinator |
| Food service manager/director | Food sales/marketing |
| Wellness program coordinator | Food scientist |
| Clinical nutrition manager | Food stylist |
| Nutrition counselor | Community nutrition specialist |
| Registered dietetic technician | Nutrition and food researcher |
| Health coach | Nutrition and food educator |
| Nutrition journalist | Nutrition consultant |
| Food inspector | Women Infants and Children (WIC) nutritionist |
| Food safety specialist | Food bank nutritionist |
| Food product analyst | Cooperative extension specialist |
| Food product developer | Clinical dietitian |
| | Community dietitian |
| | WIC dietitian |
| | School nutrition dietitian |
| | Sports dietitian |
| | Outpatient dietitian |