

NUTRITION

What can I do with a major in nutrition?

Students who plan to study nutrition, dietetics, or food science may go on to a variety of careers after earning a bachelor's degree. Students who become nutritionists may work in private practice or within a medical group counseling patients on how to incorporate good nutrition into a healthy lifestyle. Dietitians usually are responsible for meal planning in an institutional setting, such as hospitals, nursing homes, or schools. Becoming a dietitian requires specific education preparation, an internship, and passing an exam. Students who study food science may work in the food industry to develop new products or ways to package or preserve food safely and effectively. Students who study nutrition or a related major may also find careers in business, community organizations, education, or even food writing.

Majors or specializations related to nutrition include:

- Dietetics
- Food Science
- Nutrition
- Nutrition and Culinary Arts
- Nutrition and Exercise Science

How can I prepare at Seattle Central for a major in nutrition?

Students planning to major in nutrition, dietetics, or food science at a baccalaureate institution may take courses in **chemistry, nutrition, psychology, biology, and microbiology, as well as general education requirements**, to prepare to transfer. **Some programs require additional social science, communication, or business classes, such as sociology, anthropology, economics, public speaking, or accounting.** Specific requirements can vary considerably depending on the program and the transfer university, so it is **STRONGLY** recommended that students work with an advisor at Seattle Central as well as advisors at the universities where they are considering transferring to ensure they take the appropriate classes to be prepared to enter the major when they transfer.

Students planning to major in nutrition should consider earning the Associate of Arts – DTA degree to prepare to transfer. Advisors can help students look at prerequisite requirements for the universities where the student might transfer and choose the degree that will work best for them.

Consider an emphasis to your associate degree before you transfer, such as Global Health, Global Studies or SAGE. This can enhance your resume, personal experience and be something you put into your personal statement. You may even already have completed it without knowing it! For questions on how to plan your emphasis, please contact your advisor.

Tips for Success as a Nutrition Major

- Students planning to study nutrition may need to take sequences of science courses, for example, a three-course sequence of chemistry for majors. Check prerequisites for these courses, start early, and make sure to complete the entire sequence at the same college.
- Some nutrition programs will require statistics, or even calculus, depending on the focus. Even if the program you are considering does not have a specific math requirement, you should complete a college-level math course at Seattle Central. If your math skills are weak or it has been some time since you took math, do not put off getting started! Depending on your placement scores, you may need to take math for several quarters before you are ready to take college-level math.
- Check prerequisites, admission requirements, and GPA requirements at your intended transfer university early so you can be well-prepared to transfer.
- Nutrition is not offered at all universities, so make sure your intended transfer university offers the major that you want.
- Check both university *admission* and *graduation* requirements at your preferred transfer university as a guide to choosing your classes. Some universities, for example, may require a year of foreign language as a graduation requirement. It may be much easier (and cheaper!) to meet that requirement at Seattle Central rather than waiting until later.

Where can I earn a bachelor's degree in nutrition in Washington?

Bastyr – Nutrition, Nutrition and Exercise Science, Nutrition and Culinary Arts, Nutrition and Dietetics

Central Washington University – Food Science and Nutrition, Dietetics specialization available

Seattle Pacific University – Food and Nutrition, Dietetics specialization available

University of Washington, Seattle – Minor only in Nutritional Sciences

Walla Walla University – Nutrition and Dietetics

Washington State University – Nutrition and Exercise Physiology

You can use the College Navigator search engine found at <http://nces.ed.gov/collegenavigator/> to find additional nutrition programs around the country.

Next Steps:

- Research the universities you are interested in attending and the prerequisite classes they require for your major.
- Meet with an advisor to choose a transfer degree, discuss prerequisites, and plan what classes you need to take in the next quarter or two.
- Explore the professional organizations in your area of interest for more information about education and career options.