

# NUTRITION

BACHELOR OF SCIENCE PROGRAM



# FOOD CAN CHANGE LIVES

Prepare to be part of the transformation

A balanced diet is one of the most powerful ways to get and stay healthy. It can even help manage diseases such as diabetes and reduce the risk of others, including heart disease and osteoporosis.

As you help people make better dietary choices, you become part of the solution. With the dietetics option, you'll play an important role in helping people make good choices about what they eat and understand how nutrition impacts their health and well-being.

In our program, you'll take a holistic look at nutrition. You'll explore the various nutrients in food and learn about the behaviors and social factors behind the dietary choices we make. You'll get up close and personal with macro and micro nutrients, create healthy meals using local ingredients, learn how food can help prevent chronic diseases and have the chance to advise people across the lifespan who want to improve their overall health.

## Experience matters.

We build on a 100-year-plus legacy of ensuring health and well-being for people across the lifespan — in the United States and beyond.

### Common areas our graduates work in include >

- Community nutrition
- Dietitian\*
- Education\*
- Farm-to-table coordinator
- Fitness and wellness centers
- Food industry
- Foodservice director/manager
- Foodservice purchasing manager
- Grocery store nutritionist
- Health care: Hospitals, clinics, rehab centers
- Medical or dental careers
- Nurse practitioner
- Physical therapy
- Private practice
- Sustainable foodservice

\*These roles may require post-baccalaureate/graduate/professional education to qualify.



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## Choose your recipe for success.



### Dietetics

Learn how to counsel the public and health-care teams regarding nutritional needs and healthy food choices. When you complete this option — accredited by the Academy of Nutrition and Dietetics — you'll be eligible for an internship\* and prepared to become a Registered Dietitian (RD) or a Dietetic Technician-Registered (DTR). Our graduates consistently exceed the national average for placement into accredited internships and for passing the RD exam on the first attempt.

### Nutrition and Health Sciences

Study the scientific basis of nutrition for a career in medicine and the health sciences — or in nutrition science research — with a focus on the prevention of chronic diseases. With an education in nutrition science, you'll have many career options due to the growth and aging of the population, a focus on obesity prevention and other chronic diseases, and an emphasis on health, nutrition and well-being.

### Nutrition and Foodservice Systems

Prepare for a professional career directing foodservice operations that focus on serving healthy menu items using local ingredients. As consumers demand healthier choices, foodservice opportunities exist in both non-commercial operations such as schools and health care, as well as the retail environment. This option integrates coursework taken at Oregon State and the Culinary Arts program at Linn-Benton Community College.

\*GPA information for this option and the internship is available at [health.oregonstate.edu/bphs/dietetics](http://health.oregonstate.edu/bphs/dietetics).

## You're not alone.

At Oregon State, you'll be part of a collaborative group of problem-solvers and a welcoming, knowledgeable

team of advisors and others who can provide resources to help you succeed. From mentoring support and studying abroad to a health and wellness living-learning community and career resources, we're here to support your success — in and out of the classroom. You might consider joining a club, participating in an internship or choosing a minor.

Visit [health.oregonstate.edu/success](http://health.oregonstate.edu/success) to see your options.

### Head of the class

Did you know that if your GPA is over 3.75 (3.5 for current Oregon State students and transfer students), you're eligible to earn your degree through the Honors College? This prestigious option means you get more faculty support and the opportunity for undergraduate research. It also gives you a leg up with future employers and graduate programs. Curious about how this works? Go to [honors.oregonstate.edu](http://honors.oregonstate.edu) to learn more.

### Bounty of career options

As a graduate of our program, you'll have many career paths to choose from and will enjoy increased job security in a faster-than-average growing field. According to the U.S. Department of Labor, there were 68,000 people working as dietitians and nutritionists in 2016, and jobs are projected to grow at a rate of 14 percent between 2016–24.



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