



What can I do with my Major?

NUTRITIONAL SCIENCES

SAMPLE JOB TITLES

Visit [O*Net](#) and conduct an Occupation Quick Search of each job title to learn more about that career path.

[Dietitians and Nutritionists](#)

[Dietetic Technician](#)

[Food Scientists and Technologists](#)

[FDA Investigator](#)

[Clinical Nutrition Specialist](#)

[Quality Assurance Manager](#)

[Food and Nutrition Services Director](#)

[Nutrition Journalist](#)

[Nutrition Manager](#)

[Research Assistant](#)

[Athletic Counselor](#)

[Lab Technician](#)

UCONN RESOURCES

[Department of Nutritional Sciences](#)

[Alpha Zeta](#)

[Controlled Release Society \(CRS\)](#)

OTHER RESOURCES

[The American Society for Clinical Nutrition](#)

[International Union of Nutritional Scientists](#)

[Institute of Food Technologists](#)

OVERVIEW OF MAJOR

Nutritional Science majors have the opportunity to select concentrations in Dietetics, Nutritional Biochemistry, Nutrition for Exercise and Sport, Food Science, or Fundamentals of Nutrition. In all cases, students are provided with a strong foundation in the areas of biology, biochemistry, physiology, sociology, and psychology. In the end, the focus of the major is being able to provide patients with foods that will improve or maintain their health.

NATURE OF WORK

Nutritionists are food specialists who are responsible for maintaining nutritional care and food service by promoting good health and proper eating. They can typically be involved with clinical research and/or lab work. Primarily, however, they assess nutritional needs, plan individualized dietary plans, provide counseling, and evaluate nutritional care for individuals and groups. In addition, they help people make smart food choices to keep them healthy; advise doctors and nurses regarding nutrition; teach people about the importance of good nutrition and healthful food choices; manage food service businesses; and supervise people who prepare and serve food.

