Nutritional science is the study of nutrition and foods in health and disease across the lifespan.

Graduates of this program who enter directly into the workforce become nutrition educators and program coordinators in schools, wellness centers, grant-funded research studies, and nonprofit organizations. Careers in the food industry are also common. You may also choose to use your Nutritional Sciences degree to enter graduate school to study nutrition, public health, medicine, pharmacy, nursing, or physical therapy.

Courses within the major include nutritional biology and metabolism, food science and safety, nutrition assessment, and therapeutic diets. Nutritional science combines medicine, food chemistry, cell biology and biochemistry with a focus on nutrition and foods. The Nutrition emphasis prepares students for graduate study in nutrition, food science, nutritional biochemistry, dentistry, nursing, physical therapy, or veterinary medicine. Graduates in this major may also work as nutritional advisors in schools, wellness centers, the U.S. Military, or nonprofit organizations. Some of these job titles require an advanced degree or certification that students with a degree in Nutritional Sciences may seek after graduation.