Health professionals in many fields need a good understanding of nutrition because of the key role that diet plays in the prevention, development, and treatment of most of today’s major diseases. Nutrition science examines the ways in which what we eat affects our physical and even our psychological well-being, determining optimal intake of individual nutrients, specific foods, and food groups. Nutritionists provide guidance in how much and what we should be eating; they also explain as well as study the relationships between diet and health.

Career Opportunities
Nutrition-related jobs are increasing due to the growing and aging population, public interest, especially related to obesity, and the food industry’s desire to develop nutritious products. Nutritionists may be employed in a variety of settings such as:

- **Clinical/Private Practice.** These individuals would be "registered dietitians" and might be employed by a hospital, nursing home, physicians’ group, outpatient clinic or have their own business. They might apply medical nutrition therapy to treat a disease or condition, or provide more general guidance on healthy eating.

- **The Community.** Responsibilities for community nutritionists vary from developing and providing nutrition education and chronic disease prevention programs to overseeing food assistance programs. They might work in an HMO, health club, wellness center, or for a health-related government agency or non-profit organization.

- **The Food Industry.** Nutritionists hold jobs in the public relations and marketing departments of food companies, commodity groups, and major restaurant and supermarket chains. They might develop print and audio/visual materials and make presentations to other organizations.

Many graduates continue on to graduate or professional schools to fulfill career goals in nutrition, medicine, dentistry, allied health, or the food industry.

Research
As an interdepartmental program, research opportunities are offered in conjunction with Animal Science, Crop Science, Family and Consumer Sciences, Food Science, Poultry Science, and Toxicology.

Course Work/Curriculum
The educational objectives for Nutrition majors are to provide:

- a strong foundation in basic science (chemistry, physics, math, statistics, biochemistry, microbiology, anatomy, genetics, and physiology)

- a sound understanding of nutrient functions, sources, and requirements; and nutrition in disease processes and across the life cycle

- knowledge in related areas such as public policy, psychology, and sociology

Graduate Study
Graduate degree programs in Master of Nutrition (Non-thesis), Master of Science in Nutrition, and Ph.D. in Nutrition are available. Programs of study fall mainly in two general areas: Nutritional Biochemistry & Experimental Animal Nutrition.

Co-Curricular Activities
Students have many opportunities to participate in campus organizations to develop their professional interests and to gain leadership experience.

Career Services
In addition to faculty advisers, CALS Career Services is available to provide information about career and employment opportunities. The office assists students and alumni with a variety of career needs such as choosing a major, resume tips, and job search strategies.

For more information:

**Undergraduate Programs**
Dr. Sarah Ash
Undergraduate Coordinator
Campus Box 7624
North Carolina State University
Raleigh, NC  27695-7624
Voice: 919.513.4943
Fax: 919.515.7124
Email:sarah_ash@ncsu.edu

**Graduate Programs**
Dr. Jon Allen
Graduate Coordinator
Campus Box 7624
North Carolina State University
Raleigh, NC  27695-7624
Voice: 919.513.2257
Fax: 919.515.7124
Email:jon_allen@ncsu.edu