

Food, Nutrition and Dietetics

Department of Family and Consumer Sciences
Illinois State University

The Food, Nutrition and Dietetics sequence prepares students for careers in promoting optimal health by incorporating positive food and nutrition strategies which influence the overall well-being of individuals and communities.

Do you enjoy:

buying, preparing and eating foods
helping others
learning how our bodies work
discovering what ingredients go in recipes

Would you like to:

teach others how to live healthier lives
develop new food items for the food industry
manage others to accomplish exciting goals
counsel individuals to make positive changes
work in the medical field helping others

Career Opportunities

The field of Food, Nutrition and Dietetics is a dynamic, growing area. Opportunities for employment exist throughout the areas of healthcare, food service industry, education, and research.

Management - healthcare, schools, worksites, restaurants

Consulting - healthcare facilities, physician practices, private practice, nutrition and health writing, public speaking, newspaper and magazine writing, personal trainers, entrepreneurship, sports nutrition, menu labeling, recipe development, health education

Business - food and nutrition product companies, sales, marketing and public relations companies

Clinical - medical nutrition therapy in healthcare organizations

Community - government agencies, wellness centers, health and fitness clubs, home health, food promotion in grocery stores

Education - high school, community college, universities

Research - government agencies, food and drug companies, medical centers, universities

Career Trends

Health, nutrition and fitness becoming even more important for aging baby boomers

Wellness seen as a solution to high healthcare expenditures

Nutrition and healthy foods are strongly linked to chronic disease prevention

Public interest in eating healthy on the rise

Food Nutrition & Dietetics Sequence:

You learn about the broad food and nutrition field by taking courses in food preparation, food management, quantity foods, nutrition, clinical nutrition, metabolism, chemistry, physiology, sociology, psychology, business and others.

The FND sequence - is an undergraduate DPD program granted developmental accreditation by the American Dietetic Association, which prepares student for a post-graduate dietetic internship and then taking the registration exam to become a Registered Dietitian.

How to contact us:

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<http://www.cast.ilstu.edu/fcs/fnd.htm>