What are the Nutrition majors?
UD's three nutrition majors provide a foundation in the science of nutrition. Applied Nutrition and Dietetics are similar during the first two years. Students interested in Dietetics will be enrolled in Applied Nutrition until meeting the requirements for admission to Dietetics. Those who do not meet requirements or do not wish to become a Registered Dietitian Nutritionist will continue in Applied Nutrition. Students in Applied Nutrition may combine study of nutrition with interests including health and exercise, food science, psychology or business. Nutritional Sciences incorporates higher level science in preparation for an advanced degree in medicine or other health professions.

Do you want to be a Registered Dietitian Nutritionist (RDN)?
The Dietetics major is the first step leading to the credential of the Registered Dietitian Nutritionist. UD's program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the credentialing agency of the Academy of Nutrition and Dietetics. Completion of a post-undergraduate accredited dietetic internship is the second step towards becoming a Registered Dietitian Nutritionist. Students may apply to the University of Delaware's Dietetic Internship or another accredited program. Registered Dietitian Nutritionists work in healthcare, community, research, foodservice, education, corporate and health promotion settings.
Applied Nutrition, Dietetics, and Nutritional Sciences Curriculum:
To earn a Bachelor of Science degree, students must complete 120 credits and meet specific requirements, as outlined in the University of Delaware Catalog. Each semesters’ courses will vary, depending on the student’s background and academic preparation. The following plan is only one example: not every student will take every course in the same order. The average number of credits per semester ranges from 12 to 17. Winter and summer sessions can help lighten the loads of regular semesters.

FRESHMAN YEAR

FALL
General Chemistry I
Sociology
Nutrition Concepts
Intro. to Nutrition Professions (FYE)
Math

SPRING
General Chemistry II
General Biology I
Critical Reading and Writing
Breadth Course

SOPHOMORE YEAR

FALL
Organic Chemistry
Human Physiology
Food Concepts
Psychology

SPRING
Biochemistry with Lab
Food Science
Economics Course
Introduction to the Nutrition Care Process

JUNIOR YEAR

FALL
*Nutrition 300/400 Level Courses
Microbiology
Macronutrients
Breadth Requirement

SPRING
*Nutrition 300/400 Level Courses
Management & Organizational Behavior
Micronutrients
Statistics

SENIOR YEAR

FALL
*Nutrition 300/400 Level Courses
Breadth requirement

SPRING
*Nutrition 300/400 Level Courses
Electives

An approved course (3 credits) stressing multicultural, ethnic, and/or gender-related content is required.

All students must complete 12 credits of University Breadth requirements with a C- or better.

* May include Nutrition Counseling, Medical Nutrition Therapy, Nutrition and Activity, Management of Food and Nutrition Services, Nutritional Assessment, Nutrition in the Lifespan, On-Site Food Production, etc.