

NUTRITIONAL SCIENCES, B.S.

Nutritional sciences is the study of the biochemical and physiological basis of how diet impacts health and disease. Students explore a variety of biological concepts including biochemistry, genetics, microbiology, kinesiology, community nutrition, and epidemiology to understand how nutrients in food affect the body.

Students can tailor their studies by selecting from more than 20 courses covering a wide variety of topics, including, microbiology, genetics, obesity, metabolism, kinesiology and sports nutrition, as well as ethics of public health, global health, community nutrition, and cultural aspects of food. Many students supplement their studies outside of the classroom by contributing to research in a university lab or volunteering in the community.

With an emphasis on human health, the program prepares students for health and research careers in a variety of settings, including healthcare, education, corporate wellness, sports nutrition, government agencies, food companies, or pharmaceuticals.

LEARN THROUGH HANDS-ON, REAL WORLD EXPERIENCE

In the classroom, students apply what they learn to real-world cases and approach nutritional health as they would in a clinical setting. Some courses also include field experiences or community-based learning experiences.

Because of the emphasis on biological sciences, many students choose to join a professor's research lab and may earn credit for their work within the lab. Students also have opportunities for community service internships under the guidance of a faculty member.

BUILD COMMUNITY AND NETWORKS

The Dietetics and Nutrition Club (DNC) (<https://nutrisci.wisc.edu/undergraduate/dietetics-and-nutrition-club/>) is a registered student organization open to undergraduate and graduate students. The club offers a variety of opportunities for members to engage in networking events, participate in volunteer and community outreach opportunities, and to learn about the field of nutrition and the dietetics profession.

CUSTOMIZE A PATH OF STUDY

With nearly 20 elective courses available in the third and fourth years of the program, students can plan their coursework to best fit their professional goals and explore scientific principles of greatest interest to them.

Students may participate in the college's Research in Honors program (<https://cals.wisc.edu/academics/undergraduate-students/outside-the-classroom/honors-program/honors-in-research/>). Many students enhance their major by participating in a certificate program such as the Biology Core Curriculum Honors (Biocore) Certificate (<https://guide.wisc.edu/undergraduate/letters-science/biology-core-curriculum/biology-core-curriculum-honors-certificate/>).

MAKE A STRONG START

A popular First Year Interest Group (FIG) focuses on issues of food and identity and covers current events, nutrition policies related to chronic disease, and community-led programs to improve health outcomes.

GAIN GLOBAL EXPERIENCE

Several courses emphasize global health and world nutrition. Many students pair a major in Nutritional Sciences with the Global Health Certificate, which includes a field experience/internship focused on a health-related topic of global importance. Students can explore studying abroad as a Nutritional Sciences major by utilizing the Nutritional Sciences Major Advising Page. Students work with their advisor and the CALS study abroad office to identify appropriate programs.