

# NUTRITION

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Whether you are interested in a career in nutrition and dietetics, or simply want to learn more about making wise food choices to improve your health and energy, the Nutrition and Foods program offers classes to help you reach your goal.

Students preparing for careers in dietetics must complete a rigorous course of study. Food and nutrition science, food service systems management, business, communication, biology, physiology, microbiology, anatomy, and chemistry are required. Registered Dietitian Nutritionists (RD or RDNs) must have earned at least a bachelor's degree.

The Mt. SAC Nutrition and Foods Program can get you started on your career path in a supportive atmosphere and help you transfer to the school that works best for you.

**Select link in left navigation for information about the program.**

Nutrition and Foods Website (<http://www.mtsac.edu/nutrition/>)