

# NUTRITION AND DIETETICS (MS)

Department Website (<http://steinhardt.nyu.edu/nutrition/>)

NYSED: 08248 HEGIS: 1306.00 CIP: 30.1901

## Program Description

The Master of Science program in nutrition and dietetics prepares students for a wide range of careers as dietitians and nutritionists. It provides training for registered dietitians and other students who seek to become registered dietitians or to obtain advanced academic training in clinical nutrition, which meets all academic and internship requirements of the Academy of Nutrition and Dietetics (AND) registration eligibility.

## Concentrations

Students may choose from three study options:

### 40-Credit Clinical Nutrition

This concentration is a 40-unit pre-professional curriculum for students who would like to obtain the registered dietitian (RD) credential.

### 34-Credit Clinical Nutrition

This concentration provides advanced clinical dietetics training to students who already have the Registered Dietitian Nutritionist credential or have completed a dietetic internship.

### 34-Credit Foods and Nutrition

This concentration is for students who already hold professional credentials in a health field (such as RDN, MD, DDS, or RPh). Our Master of Science in Foods and Nutrition provides advanced academic training in food and nutrition to further your career.

## Didactic Program in Dietetics (DPD)

### Verification

The NYU DPD is currently accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (200 South Riverside Plaza, Suite 2000 Chicago, IL 60606-6995, 800-877-1600) until 2030.

Evaluation and verification of the Academy of Nutrition and Dietetics' DPD requirements for dietetic registration eligibility may be obtained by students who have completed at least 29 credits in residence at NYU. Students must request a DPD Verification Statement.

## Dietetic Internships

The mission of New York University's Dietetic Internship is to provide graduates with the knowledge and skills needed for practice as entry-level registered dietitians. The internship prepares graduates to integrate theory with practice and apply critical thinking and analytical skills in order to help improve the dietary intake, nutritional status, and overall health of individuals and groups.

The NYU Dietetic Internship is housed in the Clinical Nutrition MS program and requires enrollment for 12 months total. Admission to the NYU Dietetic Internship is not open to all MS Clinical Nutrition students and requires a separate application. The full-time program, which offers fall and spring matches, includes one full semester of coursework followed by 27 weeks of on-site supervised practice for a total of 1,200

full-time, supervised hours. It also fulfills 18 of the 40 credits needed for an MS degree in Nutrition and Dietetics: Clinical Nutrition (completion of this degree is not required, but is recommended). It meets the Academy of Nutrition and Dietetics (AND) requirements for supervised clinical practice for registration eligibility.

Interns must complete five graduate courses (12 credits) before entering supervised clinical practice:

Course	Title	Credits
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2037	Medical Nutrition Therapy	4
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2196	Nutrition-Focused Physical Exam	2
NUTR-GE 2198	Nutrition Counseling Theory & Practice	3

Interns complete supervised clinical practice rotations in clinical nutrition therapy (13 weeks and one week of Pediatric Dental Clinical), community nutrition (three weeks), food service management (six weeks), specialties (one week), and staff relief (three weeks) – a total of at least 1,200 practice hours, along with 23 hours of classroom instruction. The supervised practice takes place in one of the many affiliated hospitals, institutions, and agencies located throughout the New York metropolitan area. Because some of these sites train more than one dietetic intern, starting dates for the supervised clinical practice may vary.

Concurrently with the supervised practice, interns register in two consecutive semesters for NUTR-GE 2146 Clin Prac in Dietetic I, NUTR-GE 2147 Clin Prac in Dietetic II. Class sessions cover the Code of Ethics of the AND/Commission on Dietetic Registration (CDR) and the Standards of Practice for dietetic professionals; political, legislative, and economic factors affecting dietetic practice; and development of effective communication and counseling skills.

## Career Opportunities

The program is designed to train students to help individuals and the public choose foods that treat, manage, and prevent disease and also promote health; manage human, financial, and physical resources to improve the nutritional status of individuals and population groups; monitor trends and issues in the field of nutrition and translate this information into education and training programs; and apply research principles and processes to the examination of nutrition problems.

## Accreditation

The NYU Dietetic Internship is accredited by The Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics (<https://www.eatrightpro.org/acend/>) (ACEND), 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995. Phone: 800-877-1600, ext. 5400

## Admissions

Admission to graduate programs in the Steinhardt School of Culture, Education, and Human Development requires the following minimum components:

- Résumé/CV
- Statement of Purpose
- Letters of Recommendation

- Transcripts
- Proficiency in English

See NYU Steinhardt's Graduate Admissions website (<https://steinhardt.nyu.edu/admissions/how-apply/graduate-students/>) for additional information on school-wide admission. Some programs may require additional components for admissions.

See How to Apply for admission requirements and instructions specific to each concentration:

- 40-Credit Clinical Nutrition (<https://steinhardt.nyu.edu/degree/ms-nutrition-and-dietetics-40-credit-clinical-nutrition/how-apply/>)
- 34-Credit Clinical Nutrition (<https://steinhardt.nyu.edu/degree/ms-nutrition-and-dietetics-34-credit-clinical-nutrition/how-apply/>)
- Foods and Nutrition (<https://steinhardt.nyu.edu/degree/ms-nutrition-and-dietetics-foods-and-nutrition/how-apply/>)
- Dual Degree Program (MS/BS in Nutrition and Dietetics) (<https://steinhardt.nyu.edu/degree/nutrition-and-food-studies-nutrition-and-dietetics/>)

## Program Requirements

### 40-Credit Clinical Nutrition

This concentration is a 40-credit pre-professional curriculum for students who would like to obtain the registered dietitian (RD) credential.

In order to become a registered dietitian, the Academy of Nutrition and Dietetics requires students to fulfill the following four separate sets of training requirements prior to taking the dietetic registration examination:

1. Completion of a Bachelor's degree in any field from an accredited college.
2. Completion and verification of a specific sequence of undergraduate prerequisite courses that meet defined educational competencies and are known collectively as the Didactic Program in Dietetics (DPD); and
3. Completion of an ACEND-accredited dietetic internship. The department provides an internship option, discussed below.
4. Complete a Master's degree in nutrition or nutrition-related.

Students who do not hold a Bachelor's degree from an AND-accredited nutrition program should take the following steps:

1. Enroll in the 40-credit clinical nutrition graduate program;
2. While enrolled, take undergraduate (DPD) prerequisite courses;
3. Apply for admission to a dietetic internship (which may involve master's-level coursework); and if accepted,
4. Complete the dietetic internship and courses for the master's degree.

All DPD courses must be completed prior to entering a dietetic internship program. For more information about DPD prerequisites, see Nutrition and Dietetics (<https://steinhardt.nyu.edu/programs/nutrition-and-dietetics/becoming-registered-dietitian-nutritionist/>).

Course	Title	Credits
<b>Nutrition Science</b>		
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
<b>Statistics</b>		
NURSE-GN 2005	Intro Stats Health Profs	3

or APSTA- Basic Statistics  
GE 2085

Or another graduate level statistics course by advisement

### Advanced Clinical Nutrition

Select two of the following:

NUTR-GE 2041 Pediatric Nutrition

NUTR-GE 2043 Critical Care Nutrition

NUTR-GE 2045 Sports Nutrition

NUTR-GE 2194 Weight Management

NUTR-GE 2220 Nutrition and Aging

NUTR-GE 2222 Nutritional Aspects of Eating Disorders

NUTR-GE 2286 Nutrition: Diseased Gut

NUTR-GE 2290 Malnutrition: From Screening to Intervention

NUTR-GE 2292 Adv Nutr: Nutrition for Musculoskeletal Health

### NYU Dietetic Internship

Students who are accepted into the NYU Dietetic Internship complete the following courses:

NUTR-GE 2037 Medical Nutrition Therapy

4

NUTR-GE 2146 Clin Prac in Dietetic I

3

NUTR-GE 2147 Clin Prac in Dietetic II

3

NUTR-GE 2196 Nutrition-Focused Physical Exam <sup>1</sup>

2

NUTR-GE 2198 Nutrition Counseling Theory & Practice <sup>1</sup>

3

### Dietetic Internship

Students who do not complete a dietetic internship by the end of the program must take the following course:

NUTR-GE 2077 Field Experience

1-2

### Research Requirements

NUTR-GE 2190 Research Methods in Nutrition

3

### Culminating Experience

NUTR-GE 2061 Research Applications in Nutrition

3

or NUTR- Res Appren in Foods & Nutrition  
GE 2063

### Graduate Level Electives

Graduate level courses by advisement to meet 40 credits total Variable

### Additional Requirements

NUTR-GE 2000 Nutrition: New Graduate Student Seminar

0

### Total Credits

40

<sup>1</sup> These two courses may be taken as electives by students who complete a dietetic internship other than the NYU Dietetic Internship.

## 34-Credit Clinical Nutrition

This concentration provides advanced clinical dietetics training to students who already have the Registered Dietitian Nutritionist (RDN) credential or have completed a dietetic internship.

Course	Title	Credits
<b>Nutrition Science</b>		
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
<b>Statistics</b>		
NURSE-GN 2005	Intro Stats Health Profs	3
or APSTA- Basic Statistics GE 2085		

Or another graduate level statistics course by advisement		
<b>Advanced Clinical Nutrition</b>		
Select two of the following:		6
NUTR-GE 2041 Pediatric Nutrition		
NUTR-GE 2043 Critical Care Nutrition		
NUTR-GE 2045 Sports Nutrition		
NUTR-GE 2194 Weight Management		
NUTR-GE 2220 Nutrition and Aging		
NUTR-GE 2222 Nutritional Aspects of Eating Disorders		
NUTR-GE 2286 Nutrition: Diseased Gut		
NUTR-GE 2290 Malnutrition: From Screening to Intervention		
NUTR-GE 2292 Adv Nutr: Nutrition for Musculoskeletal Health		
<b>Research Requirements</b>		
NUTR-GE 2190 Research Methods in Nutrition	3	
<b>Culminating Experience</b>		
NUTR-GE 2061 Research Applications in Nutrition	3	
or NUTR- GE 2063	Res Appren in Foods & Nutrition	
<b>Graduate Level Electives</b>		
Graduate level courses by advisement	13	
<b>Additional Requirements</b>		
NUTR-GE 2000 Nutrition: New Graduate Student Seminar	0	
<b>Total Credits</b>	<b>34</b>	

## 34-Credit Foods and Nutrition

This concentration provides advanced academic training in food and nutrition for students who already hold professional credentials in a health field (such as RDN, MD, DDS, or RPh).

Course	Title	Credits
<b>Nutrition Science</b>		
NUTR-GE 2139 Advanced Nutrition: Protein, Fats & Carbs	3	
NUTR-GE 2144 Advanced Nutrition: Vitamins & Minerals	3	
<b>Food and Nutrition Courses</b>		
FOOD-GE 2191 Food and Culture	3	
FOOD-GE 2006 Food Entrepreneurship (OR another FOOD-GE course by advisement)	3	
<b>Statistics</b>		
NURSE-GN 2005 Intro Stats Health Profs	3	
or APSTA- GE 2085	Basic Statistics	
Or another graduate level statistics course by advisement		
<b>Research Requirements</b>		
NUTR-GE 2190 Research Methods in Nutrition	3	
<b>Culminating Experience</b>		
NUTR-GE 2061 Research Applications in Nutrition	3	
or NUTR- GE 2063	Res Appren in Foods & Nutrition	
<b>Graduate Level Electives</b>		
Graduate level courses by advisement.	13	
<b>Additional Requirements</b>		
NUTR-GE 2000 Nutrition: New Graduate Student Seminar	0	
<b>Total Credits</b>	<b>34</b>	

## Sample Plan of Study 40-Credit Clinical Nutrition

Course	Title	Credits
<b>1st Semester/Term</b>		
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3
NURSE-GN 2005	Intro Stats Health Profs	3
Advanced Clinical Nutrition Course		3
	<b>Credits</b>	<b>9</b>
<b>2nd Semester/Term</b>		
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
Advanced Clinical Nutrition Course		3
Elective Course		3
Advanced Nutrition Seminar		1
	<b>Credits</b>	<b>10</b>
<b>3rd Semester/Term</b>		
NUTR-GE 2037	Medical Nutrition Therapy	4
NUTR-GE 2196	Nutrition-Focused Physical Exam	2
NUTR-GE 2198	Nutrition Counseling Theory & Practice	3
Or Field Experience (NUTR-GE 2077; 2 credits) + 7 credits of elective courses (if not completing the NYU Dietetic Internship) <sup>1</sup>		
	<b>Credits</b>	<b>9</b>
<b>4th Semester/Term</b>		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
NUTR-GE 2061	Research Applications in Nutrition	3
Elective Course		3
Elective Course		3
	<b>Credits</b>	<b>12</b>
	<b>Total Credits</b>	<b>40</b>

<sup>1</sup> NYU dietetic interns must enroll in NUTR-GE 2146 (Clinical Practice in Dietetics I) and NUTR-GE 2147 (Clinical Practice in Dietetics II) during the two consecutive semesters when they complete their supervised practice rotations (total of 6 credits).

## 34-Credit Clinical Nutrition

Course	Title	Credits
<b>1st Semester/Term</b>		
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NURSE-GN 2005	Intro Stats Health Profs (Or another graduate statistics course by advisement)	3
	<b>Credits</b>	<b>9</b>
<b>2nd Semester/Term</b>		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
Advanced Clinical Nutrition Course		3
Elective Course		3
	<b>Credits</b>	<b>9</b>
<b>3rd Semester/Term</b>		
NUTR-GE 2077	Field Experience	2
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
Advanced Clinical Nutrition Course		3
Advanced Nutrition Seminar		1
	<b>Credits</b>	<b>9</b>
<b>4th Semester/Term</b>		
NUTR-GE 2061	Research Applications in Nutrition	3
Elective Course		3

Elective Course	1
Credits	7
Total Credits	34

## 34-Credit Foods and Nutrition

Course	Title	Credits
<b>1st Semester/Term</b>		
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NURSE-GN 2005	Intro Stats Health Profs (Or another graduate statistics course by advisement)	3
	Credits	9
<b>2nd Semester/Term</b>		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
FOOD-GE 2191	Food and Culture	3
Elective Course		3
	Credits	9
<b>3rd Semester/Term</b>		
FOOD-GE 2006	Food Entrepreneurship	3
Advanced Clinical Nutrition Course		3
Elective Course		3
	Credits	9
<b>4th Semester/Term</b>		
NUTR-GE 2061	Research Applications in Nutrition	3
Advanced Clinical Nutrition Course		3
Advanced Nutrition Seminar		1
	Credits	7
	Total Credits	34

## Learning Outcomes

Upon successful completion of the program, graduates will:

1. Educate individuals and the public on food choices that will optimize health and prevent disease.
2. Apply nutrition principles and diet assessment to the treatment of diet-related disease conditions.
3. Manage human, financial, and physical resources to improve the nutritional care of individuals and population groups.
4. Help improve the nutritional status of individuals and population groups.
5. Monitor trends and issues in the discipline of nutrition, and translate this information into curriculum, education, and training programs.
6. Apply research principles and methods to the examination of current problems in nutrition and health.

## Policies

### Program Policies

#### MS Nutrition Policies Regarding Classes

1. No graduate level course may be taken pass/fail unless that is the only grading option.
2. Not all courses listed are offered every semester. Classes run only if enrollment is sufficient.
3. Students must take 40 or 34 credit classes with NYU to receive this MS in Nutrition and Dietetics degree. We do not allow transfer credits from other colleges.
4. Students are required to maintain a 3.0 GPA throughout the program. Failure to maintain a 3.0 GPA will result in Notice of Academic

Concern. After two semesters of Notice of Academic Concern, students will sign a memorandum of understanding indicating possible dismissal after the third semester on Notice of Academic Concern. Students will return to good standing once their cumulative GPA returns to 3.0 or above.

5. A cumulative GPA of at least 3.0 is required to graduate from the program.
6. If students are dropping classes, they MUST notify their advisor; it is the student's responsibility to reorganize the DPD or MS sequence map appropriately.
7. Students are only permitted to retake DPD courses one time should they receive a grade below a C.
8. Students are not permitted to take more than 7 credits during summer sessions.

### STEM OPT Benefits for International Students

If you're an international student, you may be able to work in the United States after graduation for an extended period of time. Most students studying on F-1 visas will be eligible for 12 months of Optional Practical Training (OPT) off-campus work authorization. F-1 students in this program may also be eligible for the STEM (Science, Technology, Engineering, or Mathematics) OPT extension, allowing you to extend your time in the United States to pursue degree-related work experience for a total of 36 months or 3 years. For more information on who can apply for this extension visit NYU's Office of Global Services: STEM OPT (<http://www.nyu.edu/students/student-information-and-resources/student-visa-and-immigration/alumni/extend-your-opt/stem-opt.html>).

### NYU Policies

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).

### Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/graduate/culture-education-human-development/academic-policies/>).