

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 Registered Dietitian Nutritionist credentials 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 2021.

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 and file a formal application.

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 that requires enrollment for 13 months total. 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 2037	Medical Nutrition Thrpy	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 promote health and prevent disease; 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.

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/>)

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 three separate sets of training requirements prior to taking the dietetic registration examination:

1. Bachelor's degree 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 AND-accredited dietetic internship. The department provides two internship options, discussed below.

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. Take the two graduate courses (Research Methods and Nutrition Education) required for the DPD. Students who want to become a registered dietitian can
4. Apply for admission to a dietetic internship (which may involve master's-level coursework); and if accepted,
5. 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/degree/ms-nutrition-and-dietetics-40-credit-clinical-nutrition/>).

Course	Title	Credits
Major Requirements		
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2199	Nutrition Education and Counseling	3
Nutrition Science		
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
Select two of the following Advanced Clinical Nutrition courses: 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	
NYU Dietetic Internship		
NUTR-GE 2037	Medical Nutrition Thrpy	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	2
NUTR-GE 2198	Nutrition Counseling Theory & Practice	3

Culminating Experience

NUTR-GE 2061	Research Applications in Nutrition	3
or NUTR-GE 2063	Res Appren in Foods & Nutrition	

Graduate Level Electives

In addition to Nutrition and Food Studies courses, 2000-level graduate courses may be taken from other programs and schools, with approval, and by advisement.	4
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Total Credits 40

34-Credit Clinical Nutrition

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

Course	Title	Credits
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Major Requirements

NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3

Nutrition Science

NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3

Select two of the following Advanced Clinical Nutrition courses: 6

NUTR-GE 2041	Pediatric Nutrition	
NUTR-GE 2043	Critical Care Nutrition	
NUTR-GE 2045	Sports Nutrition	
NUTR-GE 2194	Weight Management	
NUTR-GE 2292	Adv Nutr: Nutrition for Musculoskeletal Health	
NUTR-GE 2220	Nutrition and Aging	
NUTR-GE 2222	Nutritional Aspects of Eating Disorders	

Culminating Experience

NUTR-GE 2061	Research Applications in Nutrition	3
or NUTR-GE 2063	Res Appren in Foods & Nutrition	

Graduate Level Electives

In addition to Nutrition and Food Studies courses, 2000-level graduate courses may be taken from other programs and schools, with approval, and by advisement.	16
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Total Credits 34

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
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Major Requirements

NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3

Nutrition Science

NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3

Select two of the following Advanced Clinical Nutrition courses: 6

NUTR-GE 2041 Pediatric Nutrition
NUTR-GE 2043 Critical Care Nutrition
NUTR-GE 2045 Sports Nutrition
NUTR-GE 2194 Weight Management
NUTR-GE 2292 Adv Nutr. Nutrition for Musculoskeletal Health
NUTR-GE 2220 Nutrition and Aging
NUTR-GE 2222 Nutritional Aspects of Eating Disorders

Culminating Experience

NUTR-GE 2061 Research Applications in Nutrition	3
or NUTR-GE 2063 Res Appren in Foods & Nutrition	

Graduate Level Electives

In addition to Nutrition and Food Studies courses, 2000-level graduate courses may be taken from other programs and schools, with approval, and by advisement. 16

Total Credits 34

Sample Plan of Study 40-Credit Clinical Nutrition

Course	Title	Credits
1st Semester/Term		
NUTR-GE 2000	Nutrition: New Graduate Student Seminar	0
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2037	Medical Nutrition Thrpy	4
NUTR-GE 2196	Nutrition-Focused Physical Exam	2
NUTR-GE 2198	Nutrition Counseling Theory & Practice	3
Credits		12
2nd Semester/Term		
NUTR-GE 2146	Clin Prac in Dietetic I	3
NUTR-GE 2147	Clin Prac in Dietetic II ¹	3
Credits		6
3rd Semester/Term		
NUTR-GE 2139	Advanced Nutrition: Protein, Fats & Carbs	3
NUTR-GE 2194	Weight Management	3
APSTA-GE 2085	Basic Statistics	3
NUTR-GE 2222	Nutritional Aspects of Eating Disorders	3
Credits		12
4th Semester/Term		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
NUTR-GE 2061	Research Applications in Nutrition	3
NUTR-GE 2042	Maternal/Child Nutrition	3
NUTR-GE 2284	Bariatric Surgery Weight Loss	1-6
Credits		10
Total Credits		40

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NUTR-GE 2147 Clin Prac in Dietetic II is taken during the Summer semester/term.

34-Credit Clinical Nutrition

Course	Title	Credits
1st Semester/Term		
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

APSTA-GE 2085	Basic Statistics	3
Credits		9
2nd Semester/Term		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
NUTR-GE 2042	Maternal/Child Nutrition	3
NUTR-GE 2043	Critical Care Nutrition	3
Credits		9
3rd Semester/Term		
NUTR-GE 2077	Field Experience	1-4
NUTR-GE 2192	Nutritional Epidemiology	3
NUTR-GE 2194	Weight Management	3
NUTR-GE 2284	Bariatric Surgery Weight Loss	1-6
Credits		9
4th Semester/Term		
NUTR-GE 2061	Research Applications in Nutrition	3
NUTR-GE 2381	Seminar in Advanced Nutrition: The Business of Nutrition	1
NUTR-GE 2187	Global Issues in Nutrition	1-3
Credits		7
Total Credits		34

34-Credit Foods and Nutrition

Course	Title	Credits
1st Semester/Term		
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
APSTA-GE 2085	Basic Statistics	3
Credits		9
2nd Semester/Term		
NUTR-GE 2144	Advanced Nutrition: Vitamins & Minerals	3
NUTR-GE 2042	Maternal/Child Nutrition	3
FOOD-GE 2191	Food and Culture	3
Credits		9
3rd Semester/Term		
FOOD-GE 2006	Entrepren in Food Mgmt	3
NUTR-GE 2192	Nutritional Epidemiology	3
NUTR-GE 2045	Sports Nutrition	3
Credits		9
4th Semester/Term		
NUTR-GE 2061	Research Applications in Nutrition	3
NUTR-GE 2187	Global Issues in Nutrition	1-3
FOOD-GE 2171	Food Photography	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

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/>).