NUTRITION PROGRAM

Nutrition is the study of food, nutrients and metabolism. Students pursuing a bachelor’s degree in nutrition at UNH have three specialization options to choose from: Dietetics, Nutrition and Wellness, or Nutritional Sciences.

The Dietetics option is the first step to becoming a registered dietitian. The Didactic Program in Dietetics (DPD) curriculum is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). It prepares you for a dietetic internship.

The Nutrition and Wellness option provides a foundation in chemistry, anatomy, physiology and microbiology and includes courses on stress, wellness and exercise science. Students gain real-world experience providing hands-on nutrition and health guidance.

The Nutritional Sciences option provides a comprehensive background in biology, chemistry, physiology, nutrition, biochemistry and physics, and includes courses on nutritional assessment, life cycle nutrition, nutrition and health and careers in nutrition.

Program Coordinator
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INTERNSHIPS AND RESEARCH
Seacoast Eat Local
New Hampshire Food Bank
Mathematica Policy Research
American Diabetes Association’s Camp Carefree
College Health and Nutrition Assessment Survey
USDA Food and Nutrition Service
Center for Disease Control & Prevention

EMPLOYMENT AREAS
Clinical nutrition
Community and public health nutrition
Food and nutrition management
Federal government
Consulting and private practice
Education and research
Food safety
Wellness promotion
Planning for your future starts now

At the College of Life Sciences and Agriculture, you’ll have numerous resources to help you navigate college and beyond. Your faculty advisor will help you identify courses and research opportunities that align with your strengths and passions. And the professionals at COLSA’s St. Martin Career Exploration Office will provide you with customized one-on-one resume and interview support, internship and career information, and access to alumni in your field. We are committed to making sure you graduate ready for lifelong success.

Important Figures:

• 92% of COLSA alumni are either employed or in grad school
• 77% of COLSA undergrads participate in research and/or internships
• 98% average pass rate of students who take the registered dietitian exam following completion of their dietetic internship

“...The curriculum at UNH both ignited my passion and provided the structure I needed to find my niche and the flexibility to delve into the beginning of my career."
— AMELIA MECKLENBURG ’18

FURTHER EDUCATION
Massachusetts College of Pharmacy and Health Sciences
University of New England
Boston University
Tufts University School of Dental Medicine
Case Western Reserve University
New York Institute of Technology

TYPICAL FIRST YEAR COURSES
Nutrition in Health & Well-Being
Professional Perspectives on Nutrition
First-Year Writing
Human Anatomy & Physiology
Intro to Sociology or Intro to Psychology
Nutritional Assessment
U.S. Health Care System

STUDY ABROAD: UNH-IN-ITALY
In partnership with the Department of Agriculture, Nutrition & Food Systems, the UNH-in-Italy program offers students the opportunity to experience living abroad in the medieval city of Ascoli Piceno, for either a 13-week semester or a 5-week summer session. The curriculum focuses on the links between food culture, sustainable agriculture, and the policies and issues impacting the food system and includes hands-on activities, field trips, and group excursions. Students live in apartments in the historic center of the city and take UNH courses taught in English.