

NUTRITION AND DIETETICS, M.S.

Saint Louis University's nutrition and dietetics graduate program prepares students to be competent, compassionate dietetic professionals. SLU's nutrition and dietetics department offers a Master of Science in Nutrition and Dietetics that can be customized to your interest with the following options:

- Culinary entrepreneurship concentration
- Nutrition therapy concentration
- Nutrition and physical performance concentration
- Combined MS-Dietetic Internship Program (MS-DI) (culinary entrepreneurship, nutrition therapy, nutrition and physical performance and medical pediatric nutrition concentrations)
- Dual Degree: Master of Science in Nutrition and Dietetics and Master of Public Health (M.P.H.) (<https://catalog.slu.edu/colleges-schools/health-sciences/nutrition-dietetics/nutrition-dietetics-ms-dual-mph/>)

Dietetic Internship (DI)

Additionally, the department offers a dietetic internship program (<https://www.slu.edu/doisy/degrees/dietetic-internship.php>) leading to the Master of Science in Nutrition and Dietetics in four concentrations:

- Culinary entrepreneurship
- Nutrition therapy
- Medical pediatric nutrition
- Nutrition and physical performance

Upon completing the internship, students will receive their master's degree and are eligible to sit for the national registration exam. The dietetic internship is currently granted accreditation status by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Beginning in late June, with two online courses, the internship program provides a minimum of 1,000 hours of supervised practice rotations in a variety of health care facilities in St. Louis and surrounding areas. There are approximately 15 rotations in the SLU dietetic internship. Each rotation lasts one to three weeks and focuses on an aspect of dietetics practice related to a specific disease/condition, life-cycle stage or population group.

While state interpretations of statutes may vary, it is ACEND's considered opinion that the program meets the educational requirements for dietetics licensure and certification in all states. However, completing an ACEND-accredited academic program alone does not qualify an individual for licensure or certification as a dietitian in any state. Individuals should review their state's licensing statutes and regulations to understand the specific requirements, including supervised practice and examinations, needed to obtain a dietetics license. More information about state licensure and certification can be found at this link: State Licensure (<https://www.cdrnet.org/LicensureMap/>).

SLU's dietetic internship accepts 34 interns annually. Applicants may apply to one or all internship concentration areas. Applicants should submit only one DICAS application regardless of whether they are applying to one or all concentrations, but a separate personal statement letter for each concentration is required.

Learn More About SLU's Dietetic Internship Program (<https://www.slu.edu/doisy/degrees/dietetic-internship.php>)

How to Become a Registered Dietitian (PDF) (<https://www.slu.edu/doisy/degrees/-pdf/di-rd-process.pdf>)

Program Philosophy

SLU's graduate nutrition program promotes self-directed learning, self-assessment for professional advancement, and collaborative opportunities to prepare graduates for emerging jobs in the field. The mission of SLU's MS-DI program is to prepare our graduates to assume entry-level positions as registered dietitian nutritionists in the provision of evidence-based care with diverse patient populations.

The mission of the Department of Nutrition and Dietetics is to "thrive in a community that promotes and seeks truth about food and nutrition. Woven into the fabric of this community are multifaceted educational pursuits to promote a food-centered culture for health and wellness, scholarly exploration and an appreciation of the global and ecological community in which we exist." As a department, we strive to lead with our **core values** of food-first nutrition, evidence-based science, creativity and innovation, hospitable culture, interdisciplinary and community collaboration, and food and environmental justice.

Curriculum Overview

SLU's graduate nutrition and dietetics curriculum builds upon a strong foundation in the sciences and includes unique aspects such as the investigation of nutrition topics in the media, the study of ethnic meal patterns and hands-on experience. Courses include classroom, lab and community experiences.

Students can pursue either full-time or part-time study in any of the master's concentrations. However, the MS-DI program does not allow for part-time study.

Dual Degree with Master of Public Health

The primary goal of this dual-degree program (<https://catalog.slu.edu/colleges-schools/health-sciences/nutrition-dietetics/nutrition-dietetics-ms-dual-mph/>) is to prepare nutrition specialists to work in many types of public health and voluntary agencies, as well as medical care and educational settings. Graduates specialize in public health and dietetics and are able to design, organize, conduct and evaluate nutrition intervention programs in the public health sector. Interested applicants must apply separately to both the Department of Nutrition and Dietetics and the College for Public Health and Social Justice (<https://www.slu.edu/public-health-social-justice/>).

Clinical and Research Opportunities

SLU's graduate medical nutrition and nutrition and physical performance concentrations are thesis-degree programs where students must dedicate multiple semesters to research, data collection, data analysis and a written thesis. The graduate nutrition culinary entrepreneurship concentration is a nonthesis capstone program.

Careers

Graduates with the RD/RDN credential can work as a clinical dietitian, sports dietitian, research dietitian and community dietitian. Graduates can also work as a chef/certified culinarian, food technologist, food journalist, nutrition educator/counselor, food and nutrition entrepreneur, food service manager, food scientist and much more.

Admission Requirements

Most students admitted to the nutrition and dietetics graduate program possess above-average GPA, sufficient GRE scores (optional at this time), and sufficient English proficiency scores (TOEFL, IELTS) (for international applicants).

- A bachelor's degree in nutrition or closely related field.
- Minimum cumulative GPA of 3.00 on 4.00 scale
- Required prerequisite college courses:
 - General Biology
 - General Chemistry I
 - General Chemistry II
 - Biochemistry
 - Human Physiology
 - Introduction to Nutrition
 - Nutrition Through the Lifecycle
 - Medical Nutrition Therapy I
 - Medical Nutrition Therapy II

Application Requirements M.S. in Nutrition and Dietetics

- Application form and fee
- Transcript(s): All international students who did not attend school within the United States must have their transcripts evaluated by either the Educational Credential Evaluators (ECE) or World Education Services (WES).
- Three letters of recommendation. When completing the application form, students must include the name and email address for each reference. This will initiate an email message requesting online completion of a reference form.
- GRE Scores (optional)
- Résumé
- Interview
- Professional goal statement: A personal statement including professional interests, concentration intended to study, goals, personal attributes, etc.

Meeting admission requirements does not guarantee admission into the program.

Dietetic Internship

- A bachelor's degree from a college or university with a verification statement from an accredited didactic program in dietetics, or DPD, prior to enrollment.
- Three letters of recommendation. Two should be from college professors/instructors, and one should be from a work supervisor. Please choose professors/supervisors who can adequately assess your abilities to perform in a dietetic internship and as a registered dietitian. When completing the application form, you must include the name and email address for each reference. This will initiate an email message requesting online completion of a reference form. Students submitting more than one application will need to use the same individuals as references for each application.
- Official transcripts from all colleges and universities attended should be sent to: DICAS - Transcript Dept., PO Box 9118, Watertown, MA 02472. They will be scanned and included in your online application.
- A personal statement including professional interests, goals, personal attributes, etc. qualifying you as a good candidate for the SLU dietetic

internship, as well as which concentration(s) you wish to study. A separate personal statement is required for each concentration and should be uploaded to the supplemental materials section in the DICAS application. DICAS will require the personal statement to be 1,000 words or less.

There is no application fee for the SLU dietetic internship program.

A zoom interview will be conducted by one or more members of the selection committee. The interview will last 20 to 30 minutes and will cover the following topic areas:

- The different roles in dietetics and the areas of practice
- Your interest in becoming a dietitian and your career goals
- Your expectations of this internship
- The attributes that make you a strong candidate for our program

Additional information regarding the phone interview process will be provided to applicants upon receipt of the application.

Final transcripts, DPD verification and the dietetic internship admission fee must be submitted prior to beginning the internship program.

Requirements for International Students

All admission policies and requirements for domestic students apply to international students. International students must also meet the following additional requirements:

- Demonstrate English-language proficiency (<https://catalog.slu.edu/academic-policies/office-admission/undergraduate/english-language-proficiency/>)
- Financial documents are required to complete an application for admission and be reviewed for admission and merit scholarships.
- Proof of financial support that must include:
 - A letter of financial support from the person(s) or sponsoring agency funding the student's time at Saint Louis University
 - A letter from the sponsor's bank verifying that the funds are available and will be so for the duration of the student's study at the University
- Academic records, in English translation, of students who have undertaken postsecondary studies outside the United States must include:
 - Courses taken and/or lectures attended
 - Practical laboratory work
 - The maximum and minimum grades attainable
 - The grades earned or the results of all end-of-term examinations
 - Any honors or degrees received.

WES and ECE transcripts required.

Application and Assistantship Deadlines

Students applying to the MS-Dietetic Internship program should follow the application deadlines set forth by DICAS and ACEND. If applying to our graduate program in any of the other non-dietetic internship concentrations, U.S. students should apply for the fall semester by July 1. International students should apply for the fall semester by May 1. Students who want to be considered for assistantships should apply by March 31.

Review Process

A committee of nutrition and dietetic department faculty members reviews the applications.

Tuition

Tuition	Cost Per Credit
Graduate Tuition	\$1,400

Additional charges may apply. Other resources are listed below:

Net Price Calculator (<https://www.slu.edu/financial-aid/tuition-and-costs/calculator.php>)

Information on Tuition and Fees (<https://catalog.slu.edu/academic-policies/student-financial-services/tuition/>)

Miscellaneous Fees (<https://catalog.slu.edu/academic-policies/student-financial-services/fees/>)

Information on Summer Tuition (<https://catalog.slu.edu/academic-policies/student-financial-services/tuition-summer/>)

Program-Specific Additional Costs

More Information on Tuition and Fees (<https://catalog.slu.edu/academic-policies/student-financial-services/tuition/>)

Description	Amount
Tuition	At time of publication, \$1,130 per credit hour. See link above for most up to date information.
Living Expenses Off-Campus	\$7,000 - \$9,500 (this number varies on location of residence within St. Louis)
Drug Screen/ Background Check	\$105
Immunization Fees and TB Testing	\$85 - \$150
Internship Fee	\$100
Registration, Attendance, Transportation for State/ National Dietetic Meeting	\$250 - \$400
Transportation Costs	\$1,500 (varies on location of residence and distance to SLU)
Parking Costs	https://www.slu.edu/parking/index.php (https://www.slu.edu/parking/)
Misc. (Lab coats, texts, etc.)	\$350
Health Insurance	\$909 per semester
Estimated Total Expenses (including tuition)	\$43,969-\$48,714 for 15-month program

Scholarships and Financial Aid

For priority consideration for graduate assistantship, apply by Feb. 1.

For more information, visit the Office of Student Financial Services (<https://www.slu.edu/financial-aid/>).

Accreditation

Saint Louis University's MS-DI program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accrediting agency for the Academy of Nutrition and Dietetics.

Accreditation Council for Education in Nutrition and Dietetics (ACEND)
120 South Riverside Plaza, Suite 2190
Chicago, Illinois 60606-6995
312-899-0040 ext. 5400
eatrightpro.org/acend (<https://www.eatrightpro.org/acend/>)

Program outcome data is available upon request. Please contact Program Director Rabia Rahman at rabia.rahman@health.slu.edu.

Learning Outcomes

1. Graduates will be able to demonstrate nutrition-related, client-centered communication skills.
2. Graduates will be able to demonstrate compassion in the nutritional care of clients.
3. Graduates will be able to evidence counseling methods to facilitate changes in nutrition-related behaviors.
4. Graduates will be able to demonstrate professional attributes of a nutrition and dietetics professional in a variety of settings.
5. Graduates will be able to evaluate emerging research for application in nutrition and dietetics practice.

Requirements

Students in Saint Louis University's nutrition and dietetics graduate program take the following courses.

For all of the Dietetic Internship Concentrations: Students must earn a B- or better on all courses with a DIET subject code and a C or better in all other courses. For all other concentrations students must earn a C or better in all graduate coursework.

Code	Title	Credits
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5350	Innovation in Dietetics Practice	3
<i>Choose a Concentration:</i>		<i>21-28</i>
Culinary Entrepreneurship Concentration (p. 4)		
Culinary Entrepreneurship Concentration with Dietetic Internship (p. 4)		
Nutrition Therapy Concentration (p. 4)		
Nutrition Therapy Concentration with Dietetic Internship (p. 4)		
Nutrition and Physical Performance Concentration (p. 4)		
Nutrition and Physical Performance Concentration with Dietetic Internship (p. 5)		
Medical Pediatric Nutrition Concentration with Dietetic Internship (p. 5)		

Total Credits

30-37

Continuation Standards

Students must maintain a cumulative grade point average (GPA) of 3.00 in all graduate/professional courses.

Students are allowed to repeat a course only once. If a student does not meet the minimum grade requirements they may enroll in that course one more time. Any additional attempts beyond the first repeat will not be permitted.

For a complete list professional behavior continuation standards, see the Dietetic Internship Handbook on the program's web page.

Culinary Entrepreneurship Concentration

Code	Title	Credits
Required		
DIET 5040	Edible Wild Foods	3
DIET 5070	Culinary Medicine	3
DIET 5750	Gastronomy	3
DIET 5900	Culinary Practicum	4
DIET 5960	Nutrition Capstone (taken over multiple semesters)	3
MGT 6200	New Venture Initiation	3
MGT 6210	Advanced Business Plan - New Ventures	3
DIET Elective		3
DIET 5300 or DIET 5550	Community Nutrition Nutr. & Physical Performance	
Total Credits		25

Culinary Entrepreneurship Concentration with Dietetic Internship

Code	Title	Credits
DIET 5040	Edible Wild Foods	3
DIET 5070	Culinary Medicine	3
DIET 5750	Gastronomy	3
DIET 5910	Dietetic Internship (taken over multiple semesters for 8 credits)	2-4
DIET 5960	Nutrition Capstone (taken over multiple semesters for 4 credits)	1-4
Total Credits		21

Nutrition Therapy Concentration

Code	Title	Credits
Required		
DIET 5070	Culinary Medicine	3
DIET 5480	Nutrition Education and Counseling	3
DIET 5870	Seminar in Dietetics Research (Thesis Only)	1
ORES 5010	Introduction to Biostatistics for Health Outcomes	3
ORES 5300	Foundations of Health Outcomes Research	3
Electives		9
Select one of the following:		
DIET 5040	Edible Wild Foods	
DIET 5300	Community Nutrition	

DIET 5550	Nutr. & Physical Performance	
Select two of the following:		
DIET 5030	Sustainable Food Systems	
DIET 5060	Maternal and Child Nutrition and Health	
DIET 5210	Pediatric Nutrition	
DIET 5750	Gastronomy	
Research Requirements		6
DIET 5990	Thesis Research (taken over multiple semesters, 6hrs total)	
Total Credits		28

Nutrition Therapy Concentration with Dietetic Internship

Code	Title	Credits
Required		
DIET 5480	Nutrition Education and Counseling	3
DIET 5910	Dietetic Internship (taken over multiple semesters)	8
DIET 5960	Nutrition Capstone (taken over multiple semesters)	4
Electives		6
Choose one of the below:		
DIET 5030	Sustainable Food Systems	
DIET 5060	Maternal and Child Nutrition and Health	
DIET 5210	Pediatric Nutrition	
DIET 5750	Gastronomy	
Choose one of the below:		
DIET 5040	Edible Wild Foods	
DIET 5300	Community Nutrition	
DIET 5550	Nutr. & Physical Performance	
Total Credits		21

Nutrition and Physical Performance Concentration

Code	Title	Credits
Required		
DIET 5480	Nutrition Education and Counseling	3
DIET 5550	Nutr. & Physical Performance	3
DIET 5690	Bioenergetics of Exercise	3
DIET 5700	Exercise Testing And Prescription	3
DIET 5870	Seminar in Dietetics Research (Thesis Only)	1
ORES 5010	Introduction to Biostatistics for Health Outcomes	3
ORES 5300	Foundations of Health Outcomes Research	3
Elective		3
Select one of the following:		
DIET 5030	Sustainable Food Systems	
DIET 5060	Maternal and Child Nutrition and Health	
DIET 5210	Pediatric Nutrition	
DIET 5750	Gastronomy	
Research Requirements		

DIET 5990	Thesis Research (taken over multiple semesters, 6hrs total)	1-4
Total Credits		28

Nutrition and Physical Performance Concentration with Dietetic Internship

Code	Title	Credits
DIET 5550	Nutr. & Physical Performance	3
DIET 5690	Bioenergetics of Exercise	3
DIET 5700	Exercise Testing And Prescription	3
DIET 5910	Dietetic Internship (taken over multiple semesters)	8
DIET 5960	Nutrition Capstone	4
Total Credits		21

Medical Pediatric Nutrition Concentration with Dietetic Internship

Code	Title	Credits
Required		
DIET 5210	Pediatric Nutrition	3
DIET 5480	Nutrition Education and Counseling	3
DIET 5910	Dietetic Internship (taken over multiple semesters)	8
DIET 5960	Nutrition Capstone (taken over multiple semesters)	4
Elective		3
Choose One of the Following:		
DIET 5040	Edible Wild Foods	
DIET 5300	Community Nutrition	
DIET 5550	Nutr. & Physical Performance	
Total Credits		21

Roadmap

Roadmaps are recommended semester-by-semester plans of study for programs and assume full-time enrollment unless otherwise noted.

Courses and milestones designated as critical (marked with !) must be completed in the semester listed to ensure a timely graduation. Transfer credit may change the roadmap.

This roadmap should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor/mentor each semester. Requirements, course availability and sequencing are subject to change.

Culinary Entrepreneurship Concentration

Course	Title	Credits
Year One		
Fall		
DIET 5070	Culinary Medicine	3
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5960	Nutrition Capstone	2

MGT 6200	New Venture Initiation	3
Credits		11

Spring

DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5750	Gastronomy	3
DIET 5900	Culinary Practicum	4
DIET 5960	Nutrition Capstone	1
MGT 6210	Advanced Business Plan - New Ventures	3

Credits 14

Year Two

Summer

DIET 5040	Edible Wild Foods	3
DIET 5350	Innovation in Dietetics Practice	3
DIET 5300 or DIET 5550	Community Nutrition or Nutr. & Physical Performance	3

Credits 9

Total Credits 34

Culinary Entrepreneurship Concentration with Dietetic Internship

Course	Title	Credits
Year One		
Fall		
DIET 5070	Culinary Medicine	3
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5910	Dietetic Internship	2
DIET 5960	Nutrition Capstone	2
Credits		10

Spring

DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5750	Gastronomy	3
DIET 5910	Dietetic Internship	2
DIET 5960	Nutrition Capstone	2

Credits 10

Summer

DIET 5040	Edible Wild Foods	3
DIET 5350	Innovation in Dietetics Practice	3
DIET 5910	Dietetic Internship	4

Credits 10

Total Credits 30

Nutrition Therapy Concentration

Course	Title	Credits
Year One		
Fall		
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5990	Thesis Research	1

ORES 5300	Foundations of Health Outcomes Research	3
Credits		7
Spring		
DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5990	Thesis Research	2
Choose one of the following:		3
DIET 5030	Sustainable Food Systems (also offered in summer)	
DIET 5060	Maternal and Child Nutrition and Health	
DIET 5210	Pediatric Nutrition	
DIET 5750	Gastronomy	
Credits		8
Summer		
DIET 5350	Innovation in Dietetics Practice	3
ORES 5010	Introduction to Biostatistics for Health Outcomes	3
Choose one of the following:		3
DIET 5040	Edible Wild Foods	
DIET 5300	Community Nutrition	
DIET 5550	Nutr. & Physical Performance	
Credits		9

Year Two

Fall		
DIET 5480	Nutrition Education and Counseling	3
DIET 5070	Culinary Medicine	3
DIET 5990	Thesis Research	1
Credits		7

Spring		
DIET 5870	Seminar in Dietetics Research	1
DIET 5990	Thesis Research	2
Choose one of the following:		3
DIET 5030	Sustainable Food Systems	
DIET 5060	Maternal and Child Nutrition and Health	
DIET 5210	Pediatric Nutrition	
DIET 5750	Gastronomy	
Credits		6
Total Credits		37

Nutrition Therapy Concentration with Dietetic Internship

Course	Title	Credits
Year One		
Fall		
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5480	Nutrition Education and Counseling	3
DIET 5910	Dietetic Internship	3
DIET 5960	Nutrition Capstone	2
Credits		11

Spring		
DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5910	Dietetic Internship	3
DIET 5960	Nutrition Capstone	2
DIET 5030	Sustainable Food Systems (Elective option)	3
or DIET 5060		
or DIET 5210	or Maternal and Child Nutrition and Health	
or DIET 5750	or Pediatric Nutrition or Gastronomy	
Credits		11
Summer		
DIET 5350	Innovation in Dietetics Practice	3
DIET 5910	Dietetic Internship	2
DIET 5040	Edible Wild Foods (Elective option)	3
or DIET 5300	or Community Nutrition	
or DIET 5550	or Nutr. & Physical Performance	
Credits		8
Total Credits		30

Nutrition and Physical Performance Concentration

Course	Title	Credits
Year One		
Fall		
DIET 5690	Bioenergetics of Exercise	3
DIET 5990	Thesis Research	1
ORES 5300	Foundations of Health Outcomes Research	3
Credits		7
Spring		
DIET 5700	Exercise Testing And Prescription	3
DIET 5990	Thesis Research	2
DIET 5030	Sustainable Food Systems	3
or DIET 5060	or Maternal and Child Nutrition and Health	
or DIET 5210	or Pediatric Nutrition	
or DIET 5750	or Gastronomy	
Credits		8
Summer		
DIET 5350	Innovation in Dietetics Practice	3
DIET 5550	Nutr. & Physical Performance	3
ORES 5010	Introduction to Biostatistics for Health Outcomes	3
Credits		9
Year Two		
Fall		
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5480	Nutrition Education and Counseling	3
DIET 5990	Thesis Research	1
Credits		7

Spring

DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5870	Seminar in Dietetics Research	1
DIET 5990	Thesis Research	2
Credits		6
Total Credits		37

Summer

DIET 5350	Innovation in Dietetics Practice	3
DIET 5910	Dietetic Internship	2
DIET 5040	Edible Wild Foods (Elective option)	3
or DIET 5300	or Community Nutrition	
or DIET 5550	or Nutr. & Physical Performance	
Credits		8
Total Credits		30

Nutrition and Physical Performance Concentration with Dietetic Internship

Course	Title	Credits
Year One		
Fall		
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5910	Dietetic Internship	3
DIET 5690	Bioenergetics of Exercise	3
DIET 5960	Nutrition Capstone	2
Credits		11
Spring		
DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5700	Exercise Testing And Prescription	3
DIET 5910	Dietetic Internship	3
DIET 5960	Nutrition Capstone	2
Credits		11
Summer		
DIET 5350	Innovation in Dietetics Practice	3
DIET 5550	Nutr. & Physical Performance	3
DIET 5910	Dietetic Internship	2
Credits		8
Total Credits		30

Contact Us

Apply for Admission (<https://www.slu.edu/admission/>)

Contact Doisy College of Health Sciences

Recruitment specialist
314-977-2570
dchs@health.slu.edu

Medical Pediatric Nutrition Concentration with Dietetic Internship

Course	Title	Credits
Year One		
Fall		
DIET 5100	Human Nutrition: Physiology and Metabolism I	3
DIET 5480	Nutrition Education and Counseling	3
DIET 5910	Dietetic Internship	3
DIET 5960	Nutrition Capstone	2
Credits		11
Spring		
DIET 5130	Human Nutrition: Physiology and Metabolism II	3
DIET 5910	Dietetic Internship	3
DIET 5210	Pediatric Nutrition	3
DIET 5960	Nutrition Capstone	2
Credits		11