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Nutrition

# Introduction

 Nutrition and food is a vast studied subject in this era of time. People are now more health conscious due to emerging new diseases which are uncontrollable and are also not diagnosable easily, so it is high time to study the subject related to food and nutrition according to present lives. Starting from the endemic of obesity to the specified diets of, cutting-edge the promotion of health is essential for both the areas of diet and nutrition. People nowadays are obsessive about nutrition, food, and health; also they are more than helpful for other people to develop improved diets and lifestyles. For this matter, many students have started pursuing the course of nutrition as an important subject in the United States. This raises a growing awareness and a demand for nutritive and good food, which in turn increases the demand for qualified nutritional therapists. This research paper will focus on the benefits of studying the subject of nutrition at the university level; as well it will explore the benefits and advantages of studying this subject at LaSalle University.

# Discussion

The study of nutrition or diet is defined as the impact of food intake on the well-being and health of people. Nutrition is an important branch of applied sciences, therefore students studying nutrition in universities are able to gain employment in various scientific roles, especially those connected to the industry of food, community health, or media (Stein, 2019). In recent time, there is an increasing awareness and significance among people for studying food and nutrition to gain ways of maintaining health. This signifies the meaning that the demand of the public for trustworthy and reliable information related to nutrition has never gained advancement before in history. The following section will discuss the prerequisites and requisites of studying nutrition.

Studying Nutrition

The international students who are engrossed in studying the subject of nutrition at the LaSalle University, they acquire the learning related to diet and food and its influence on the wellbeing of people or community (Nutrition - La Salle University 2019). In this subject, the course is related to the study of food safety and preparation, the nutritional content of foods and education (Mann & Truswell, 2017). This subject makes one learn about the ways body utilizes nutrients and yields a large amount of science prerequisites, and it also makes an individual learn the ways of planning food menus and courses of the meal for normal people as well as elderly people and people with special needs. In an undergraduate degree in this university, students are obliged to accomplish an internship or work for the research projects with their professors. They learn to evaluate the diets and food of the people, solely for determining the nutritional value, and in this way student study the nutritional issues, for instance, effects of obesity and numerous other nourishment and food-related problems (Harnack et al., 2016).

The courses related to community nutrition are intended for teaching the ways of planning and running the education programs related to nutrition and food. It also involves giving the paperwork and assignments related to upcoming plans for teaching the residents of low socio-economic backgrounds the ways in which they utilize their money on food wisely or they may also be able to ask for creating educational flyers for various ethnic or cultural groups (Stein, 2019). The basic requirement of the classes is to do adequate writing, research, and verbal presentations, and this makes a student subject to a lot of critiques in the form of peers.

Typical Courses

A student will be required to take courses in metabolism, nutrition, ways wherein food assists to prevent disease and diet plan. The particular courses for studying may comprise experimental foods, nutritional science, culinary arts, dietetics, service management and choosing a nutrition program. However, other courses can also be chosen. For international students planning to visit the LaSalle University in Philadelphia Pennsylvania for a dietician and nutrition program, certain questions need to be asked pertinent to each considered program (Nutrition - La Salle University 2019).

The questions are listed as follows:

* Is the specific department recognized by the American Dietetic Association?
* Is the school offering an extensive nutrition program which covers several aspects of nutrition and food science or is it offering a constricted aspect as dietetics?
* Are the labs innovative? This is essential as you will be required to take several courses comprising the major of nutrition.
* Will you be availing internships during the undergraduate course?
* Will you be utilizing the opportunity to collaborate with the professor on their research projects?
* What is being done by the recent graduates?
* Will the school assist you once you complete graduation?

Careers in Nutrition

As an enrolled student in the program of nutrition at LaSalle University, it provides infinite options for a career right after graduation. Such options include the chefs and chef-related plans for creating food courses and meals in a broader range of locations, for instance, classy restaurants or cafes (Sports Nutrition in the News, 2016).

Nutritionists and Dieticians

The expert nutritionists and dieticians provide therapeutic nutrition counseling, help in planning the nutritious programs related to food, and supervise the preparation of food. The managers of food service supervise the overall functions and operations of kitchens, cafeterias, and restaurant. The educator of health is entitled to study the information and design programs related to health and that encourage healthier behavior and practices related to food and nutrition.

Other Reasons for Studying Nutrition

 Various situations arise due to the intake of poor and low-quality food and nutrients, some oblivious conditions are obesity, hypoglycemia, cardiovascular problems, and diabetes. Moreover, numerous other surprising conditions ascend due to the shortage of specific nutrients for instance schizophrenia, which is related to small levels of zinc and elevated levels of copper in the body (Mann & Truswell, 2017). The disease like rheumatoid arthritis is often reacting positively to the alterations in nutrition. Numerous other chronic psychological disorders, for example, anorexia, depression, and hyperactivity were mostly seen among children who were able to successfully improve via improving the intake of diet, such that its quantity as well as quality and the right timings.

Good salary

Nutritionists and also the dietetics are some of the most critical field specialists within the area of healthcare, who are at present having their own clinics and are also working in health centers. The more competitive and skilled these specialists are the more chances of growth in terms of salary is observed. The average salary that the nutritionists the dietetics specialists get on an annual basis in the US is 50000$ and this is specifically for a junior specialist. However, senior specialists in the US get 65000$ per annum (Harnack et al., 2016). There are many nutritionists in the US that are working as a consultant and are self-employed privately. There is a huge margin to earn more in this field as we all know obesity and other health issues are prevailing in the US and for this, the major solution is to have a better diet plan. The highly experienced specialists are earning a lot in this field and this is the major reason behind the grown level of scope for this field.

Best choice for food lovers

 If you are healthy and diet conscious then this is your field. You can grow your passion for food in the right direction if you are having a degree in Dietetics and Nutrition. Food lovers have a greater chance to get affected by obesity, hypoglycemia, cardiovascular and diabetes issues; therefore, if you have the required knowledge then you can definitely overcome all such issues effectively. All these health issues are the outcome of a poor diet plan. There are various other diseases that can be caught by food lovers, so in this case, they must show interest in getting more effective and authentic knowledge by getting an academic degree from La Salle University. It is one of the most competitive universities in the US that are offering highly valuable academic degrees in the area of Nutrition.

Career Diversity

La Salle University is offering a coordinated program in Dietetics and prepares the students to become eligible for nutritionist and dietetics specialists. The program offered by the university is so competitive that once you get the degree you are able to immediately get a job in the field. The internship experience that is recommended by the University is of 1200 hours and it is based on supervised practice in community and clinical nutrition along with food service management. The field of Nutrition is diverse and therefore one would be getting a huge area to explore.

Travel opportunities

The area of Nutrition offers huge travel opportunities to the experts in this field. So those who love traveling and have a good sense of food along with the required academic qualification can best fit into this job. At times the experts have to manage business trips and visits to explore the diet plan followed worldwide and to gain exposure to things that are good for diet and those are not.

# Conclusions

The subjects of nutrition, diet, health, and food have never been more in discussions than at the present times. The unhealthy diet and poor nutrition raise numerous health-related concerns. The intake of unhealthy food leads to digestive complications, lack of energy, obesity and it is very contributing to mental disorders like anxiety and depression. The international students who are engrossed in studying the subject of nutrition at the LaSalle University, they acquire the learning related to diet and food and its influence on the wellbeing of people or community. The benefits include good salary, career diversity, and the best choice for food lovers and people who love traveling, as it gives traveling opportunities.

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