

Te Mātai Taioranga Undergraduate Nutrition



Nutrition is the science of how food influences human health and wellbeing at every stage of life. It spans the biological functions of nutrients, the social and cultural dimensions of eating and the way social and environmental factors shape health outcomes.

What you will learn

Studying Nutrition empowers you to understand the relationship between diet and health, prevent disease and support healthier communities. You will learn from nutritionists, dietitians and world-leading researchers from a broad range of fields. Practical labs, workshops and project-based learning will support your skill development.

The Nutrition major is designed to meet the professional competencies required for registration as a Nutritionist in New Zealand. It complements other science and health science disciplines and is the key pathway into the Master of Nutrition and Dietetics for students seeking to become registered dietitians.

While there are no specific high school subjects required for eligibility to study Nutrition, you'll find it useful to have a broad science background in subjects such as biology, chemistry, statistics and health.

Interested in pursuing entry to a clinical programme?

Nutrition is one of six Bachelor of Science (BSc) health majors that provide clear pathways into the following year two clinical health programmes:

- › Bachelor of Medical Imaging (Honours)
- › Bachelor of Medicine and Bachelor of Surgery
- › Bachelor of Optometry
- › Bachelor of Pharmacy

Students intending to apply for these programmes must take specific courses to be eligible for clinical selection. GPA requirements also apply. Please consult the relevant year two clinical programmes on the University of Auckland website for detailed information.



To find out more, visit

auckland.ac.nz/sciencehealthmajors



Career opportunities

Nutrition graduates make meaningful contributions across Aotearoa New Zealand by helping individuals, whānau and populations improve their wellbeing through food.

With increasing societal awareness of food's effect on our health, our nutrition graduates are equipped to work in a diverse range of sectors – from health promotion in the community through to government health policy – including:

- › Nutrition consulting
- › The food industry
- › The health and fitness industry
- › Research
- › Media and communications

You may also consider additional postgraduate training to become a New Zealand Registered Dietitian.

Choosing this subject

You can complete Nutrition as a single major, pair it with a Bachelor of Health Science, or with another Faculty of Science major. This offers you a strong foundation in Nutrition, with the option to explore other subjects you are interested in.

Your first year of study will provide core scientific foundations like physiology and biochemistry. You will then have the opportunity to study fundamental nutrition concepts, population nutrition and the relationship between nutrition and chronic disease.

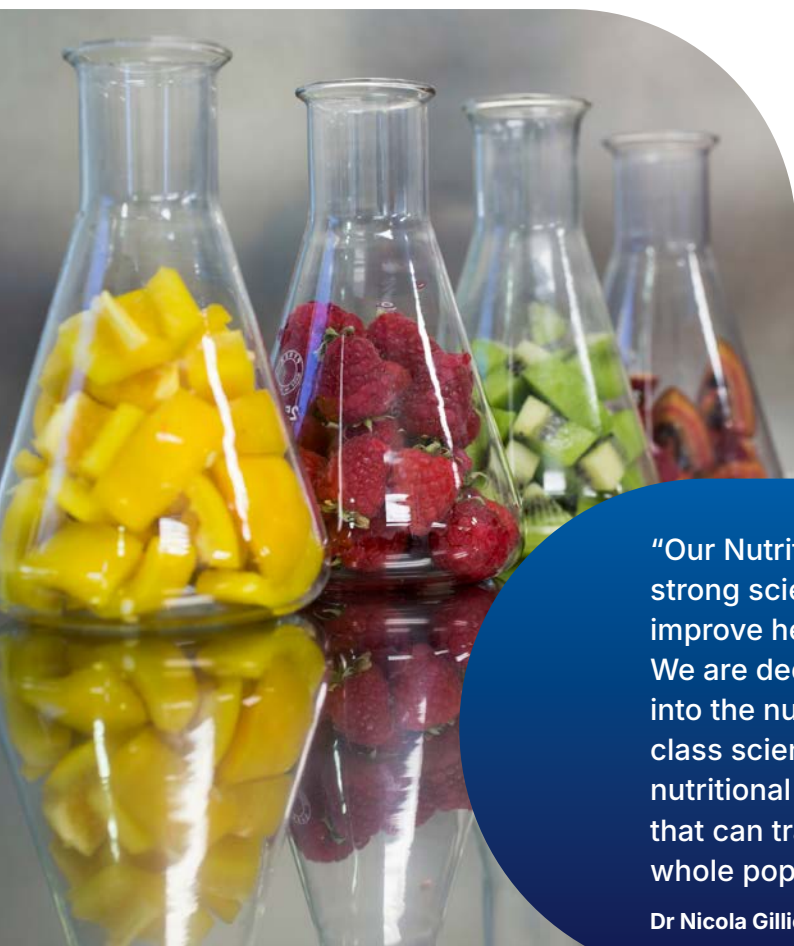
Choose the areas that interest you most, from a range of nutrition-related subjects including food science, food environments and systems, and the psychological aspects of eating and behaviour change. You will develop hands-on practice in dietary assessment, interpreting clinical nutrition measures and communication skills.



Find out more about how your degree will be structured and what courses you need to take at

auckland.ac.nz/nutrition-science

Applications close on 8 December.



"Our Nutrition major is designed to equip students with a strong scientific foundation and the applied skills needed to improve health and wellbeing across Aotearoa New Zealand. We are dedicated to preparing graduates to step confidently into the nutrition workforce. Graduates will not only be world-class scientists, but also capable of translating complex nutritional science into meaningful, evidence-based advice that can transform the health of individuals, whānau, and whole populations."

Dr Nicola Gillies, Lecturer, Nutrition

Kuhua ki tō mātou hāpori, ā, Kimihia tōu Pūtaiao.
Join our community and find your Science.



Disclaimer: The information in this document is a general guide only for students and subject to alteration. All students enrolling at the University of Auckland must consult its official Calendar, to ensure that they are aware of and comply with all regulations, requirements and policies. [2026]

Have any questions?
Contact the Student Hub

auckland.ac.nz/student-hubs