



**Bachelor Degree in Nutrition and Food Science
Universidad Iberoamericana, FDE**

CONCENTRATION AREA

The graduate of the Bachelor Degree of Nutrition and Food Science distinguished by being able to:

Promote a healthy lifestyle and prevention of diseases.

1. Conducts diet/food and nutrition interventions based on the planning and implementation of strategies for the promotion of healthy lifestyles in individuals, groups and populations.
2. Communicates effectively evidence-based scientific information on food, diet, nutrition, and physical activity using behavioral change methodologies and theories to facilitate the adoption of a healthy lifestyle at the individual, group, and population levels.
3. Participates in multidisciplinary teams for the development of food/diet, nutrition and physical activity policies and programs based on psychosocial, cultural and economic indicators for the promotion of a healthy lifestyle in individuals, groups and populations.
4. Develops quality products, programs or services to attend to the dietary needs of the population, based on guidelines and applicable regulations.
5. Proposes modifications of food products based on the composition, structure and function of nutrients to promote health and contribute to the resolution of pathologic conditions.