



Bachelor Degree in Nutrition and Food Science
Universidad Iberoamericana, FDE

GRADUATION PROFILE
FUNCTIONS AND SPECIFIC COMPETENCIES

FUNCTION 1. Promote healthy lifestyles in individuals, groups and populations of different ages, contexts and health and illness status, through food, nutrition, and physical activity interventions.

- 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.
- 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.

FUNCTION 2. Implement the nutrition care process in individuals, groups and populations of different ages, contexts and health conditions to favor their quality of life.

- Evaluates the nutritional status of individuals, groups and populations taking into consideration direct and indirect indicators in order to determine their dietary and nutritional situation.
- Diagnoses the dietary and nutritional situation of individuals, groups or populations based on the description of the nutritional problem, its etiology, associated signs and symptoms, to contribute to maintain it or improve it.
- Conducts food/diet and nutrition interventions based on the planning and implementation of strategies for the promotion of healthy lifestyles in individuals, groups and populations.
- Monitors the effectiveness of food/diet and nutrition interventions applied to individuals, groups and populations, based on indicators previously selected to verify the achievement of the goals or, where appropriate, propose a new approach.

FUNCTION 3. Manage quality nutrition and dietary/food services to maintain and improve the health of individuals with various needs.

- Develops quality products, programs or services to attend to the dietary needs of the population, based on guidelines and applicable regulations.
- Plans the procurement of supplies, production, distribution and service of a food establishment according to quality indicators and applicable regulations to meet the needs of the population.
- Promotes the responsible use of human, financial, physical and material resources, according to quality indicators, regulations and sustainability in order to efficiently manage the nutrition and food service.
- Evaluates the food service taking into account quality indicators, regulations and customer satisfaction to monitor the continuous improvement system.

FUNCTION 4. Assess the molecular qualities and physiological implications of nutrients to propose the appropriate choice of food and diet, and the modification of products in order to prevent and treat diseases.

- Explains the action mechanisms by which food and its components have an effect on health, integrating the composition, structure and function of nutrients with the physiological processes to prevent and treat diseases.
- 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.
- Ensure the safety of food items through the use of biochemical, microbiological, toxicological and molecular biology tools in order to contribute to a healthy diet.

GENERIC COMPETENCIES:

- Oral and written communication: Expresses ideas and feelings in oral and written form, to interact in a clear and truthful way, according to the professional context.
- Teamwork: Collaborates with a group of people to achieve a common goal, taking into consideration the various points of view and assuming shared responsibility.
- Intellectual leadership: Formulates socially-acknowledged proposals for the application of professional knowledge, to resolve diverse issues, based on judgments based in turn on the evidence of intellectually understood reality.
- Creativity and innovation: Generates innovative and original strategies to resolve problems of the professional and social reality, built around the

transformation and improvement of the environment.

- Integral humanistic commitment: Proposes action alternatives to promote more just living conditions, especially in the most underprivileged sectors, from a reflective experience.
- Discernment and responsibility: Weighs potential solutions to professional, social and personal challenges, to choose the best alternative, with freedom and acceptance of the consequences.

***FUNCTION:** General performance of the LNCA undergraduate in the various work fields of the profession. **SPECIFIC COMPETENCIES:** They define the characteristic work of the nutritionist and, therefore, the graduation profile of the program. They are developed according to the professional performance of the nutritionist in the country. **GENERIC COMPETENCIES:** characteristics that every IBERO undergraduate must possess; they are characteristic of the professional practice in general, and they are carried out in a cross-disciplinary manner throughout the program

