Students in nutrition sciences are preparing for a professional career dealing with human nutrition, emphasizing disease prevention, disease management and maintaining good health by high quality nutrient intake. Students also become proficient in preparing nutritious foods for all phases of the life cycle. There are three concentrations within nutrition sciences: pre-dietetics, pre-health and food management. Student membership in the Academy of Nutrition and Dietetics, the world's largest association of food and nutrition professionals, is available to all students in the nutrition sciences major.

Students wishing to change their major to, or transfer into, Nutrition Sciences must have a cumulative GPA of 2.5.

- Pre-Dietetics Concentration (https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/human-sciences-design/nutrition-sciences/pre-dietetics-concentration/)
- Pre-Health Concentration (https://catalog.baylor.edu/undergraduate/robbins-college-health-human-sciences/human-sciences-design/nutrition-sciences/pre-health-concentration/)