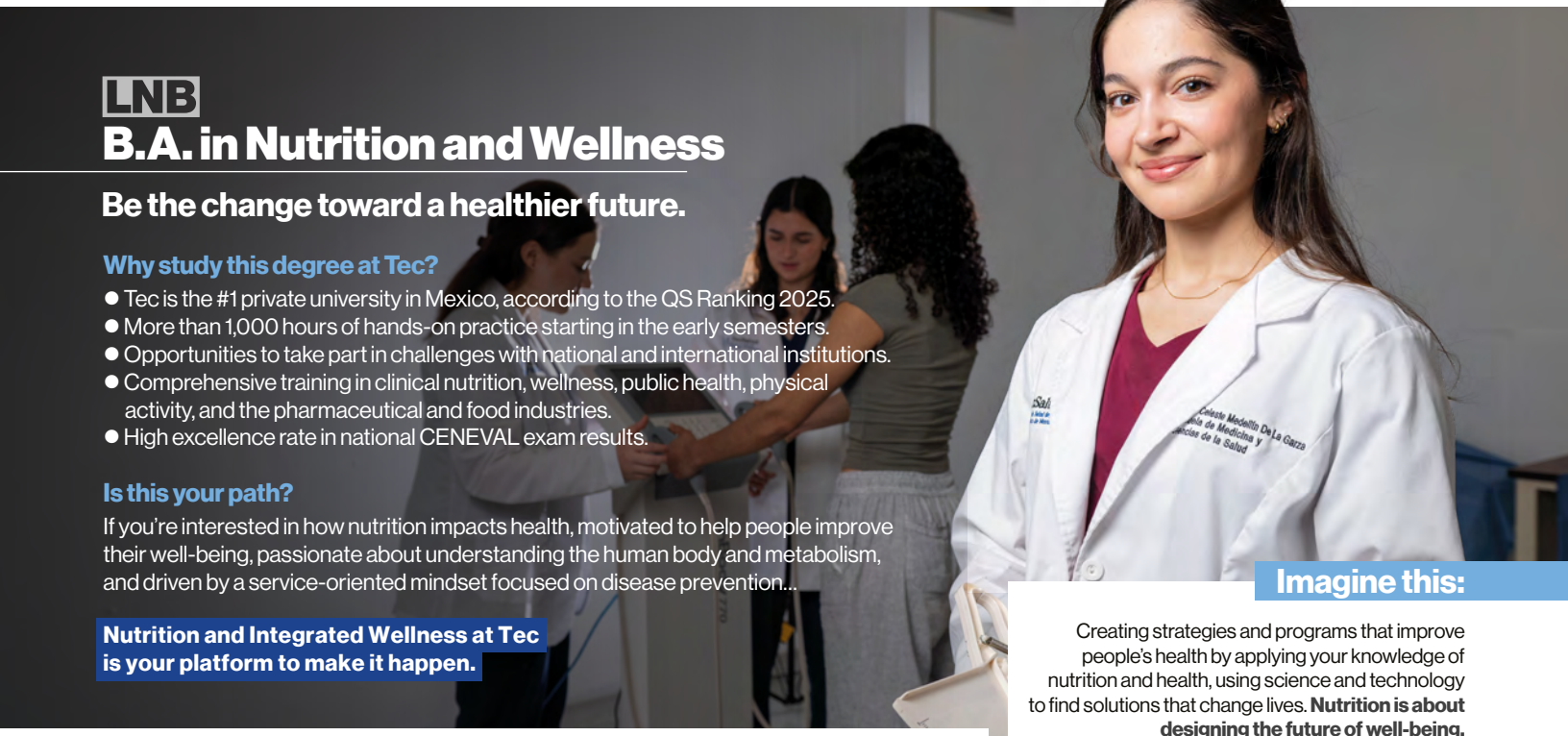
Tecnológico de Monterrey

LNB

B.A. in Nutrition and Wellness

Be the change toward a healthier future.



Why study this degree at Tec?

- Tec is the #1 private university in Mexico, according to the QS Ranking 2025.
- More than 1,000 hours of hands-on practice starting in the early semesters.
- Opportunities to take part in challenges with national and international institutions.
- Comprehensive training in clinical nutrition, wellness, public health, physical activity, and the pharmaceutical and food industries.
- High excellence rate in national CENEVAL exam results.

Is this your path?

If you're interested in how nutrition impacts health, motivated to help people improve their well-being, passionate about understanding the human body and metabolism, and driven by a service-oriented mindset focused on disease prevention...

Nutrition and Integrated Wellness at Tec is your platform to make it happen.

Imagine this:

Creating strategies and programs that improve people's health by applying your knowledge of nutrition and health, using science and technology to find solutions that change lives. **Nutrition is about designing the future of well-being, be part of the change!.**



What makes this program unique at Tec:

- Combines science, innovation, and technology to design healthy and sustainable solutions.
- Transdisciplinary education.
- 100% of professors hold graduate degrees and are leaders in their fields.
- A rich university experience with top-level cultural, sports, and leadership activities.

Here, you're part of something bigger:

- International placements in hospitals, innovation centers, and prestigious universities.
- A full year of clinical rotations in hospitals, aligned with medical subspecialties.
- Check which campuses offer this program at **tec.mx**

Your career field is full of possibilities. Here are some:

- Clinics, hospitals, private practices, and healthcare institutions.
- Pharmaceutical and food industries.
- Food service management.
- Entrepreneurship and innovation in health and wellness.
- Research, public policy, and community nutrition.
- Corporate health and wellness.



Voices of those already making an impact:

Alba Elisa Rodríguez, creator of Gricha and winner of *Shark Tank México* with an innovative sustainable food proposal based on insects.

Mónica Salinas, currently working at Montefiore Medical Center in New York.

Martha Taméz, researcher at Harvard University.

A glimpse of how our graduates leave their mark through talent.



Skills you'll develop:

- Clinical assessment, design, implementation, and monitoring of personalized nutrition strategies.
- Health promotion and disease prevention based on scientific evidence.
- Development of food innovation projects.
- Implementation of sustainable nutrition programs at the population level.
- Effective communication and critical thinking for decision-making.

Lo **extraordinario** se concreta cuando tu propósito mejora la vida de otros.

Take the first step toward the future of wellness.

Tecnológico de Monterrey

Curriculum
B.A. in Nutrition and Wellness

SEMESTER 1
- Elective Course Mathematics and Science
- Cellular and Metabolic Processes
- Person-Centered Care
- Genetics and Genomic Basis
- Public Health
- Introduction to Health Sciences
- Wellbeing
- Health Determinants
- Induction to the Social Service
- Tec Week Elective I

SEMESTER 2
- Elective Course Humanities and Fine Arts
- Basic Structure and Function
- Homeostasis and Regulation of Body Processes
- Research and Data Analysis in Health Sciences
- Exploration Topic
- Healthy Life Course
- Academic English
- Tec Week Elective II
- Tec Week Elective III

SEMESTER 3
- Elective Course Social and Behavioral Sciences
- Nutrition in the Life Cycle
- Clinical and Biochemical Nutritional Assessment
- Design of Physical Exercise Programs
- Nutritional Diagnosis
- Nutritional Intervention
- Nutrition Care Process
- Tec Week Elective IV
- Tec Week Elective V

SEMESTER 4
- Elective Course Leadership, Entrepreneurship and Innovation
- Molecular Nutrition
- Microbiota
- Supplementation
- Introduction to Food Systems
- Food Service Management
- Food Science Applied to Health
- Food Technology
- Disciplinary Tec week
- Tec Week Elective VI

SEMESTER 5
- Elective Course Ethics and Citizenship
- Nutritional Therapy in Obesity and Metabolic Syndrome
- Nutrition and Physical Performance
- Food Culture and Psychology
- Integrative Nutrition
- Nutritional Assessment in Populations
- Research and Intervention in Nutrition
- Nutrition Programs Monitoring
- Professional Life Planning
- Tec Week Elective VII

SEMESTER 6
TEC SEMESTER

You'll be able to customize your career through:
- Concentrations
- Internships
- International experience
- Elective training units

- Tec Week Elective VIII
- Tec Week Elective IX

TRIM. 1
- Pathophysiology in Internal Medicine and Geriatrics
- Medical Nutritional Therapy in Geriatrics
- Nutritional Clinic Internal Medicine and Geriatrics
- Nutritional Medical Therapy in Internal Medicine

TRIM. 2
- Pathophysiology in Surgery
- Drug-Nutrient Interaction
- Nutrition Support Fundamentals
- Medical Nutrition Therapy in Surgical
- Clinical Nutrition in Surgery
- Clinical Nutrition in the Critically Patient

TRIM. 3
- Nutritional Support in Pediatrics
- Nutrition Integration Seminar
- Pathophysiology in Pediatrics
- Medical Nutrition Therapy in Pediatrics
- Pediatric Clinical Nutrition
- Nutritional Clinic for Critical Pediatric Patients

TRIMESTER 4
- Medical Nutrition Therapy in Gynecology
- Models and Techniques for Behavior Modification
- Pathophysiology in Gynecology
- Clinical Bioethics in Nutrition
- Lifestyle Medicine
- Clinical Nutrition in Gynecology
- Clinical Nutrition in Wellness

● You'll be able to customize your learning experience by choosing from the different available options.

*The curriculum may vary. Contact an admissions advisor or visit **tec.mx** for more information.

Your future in NUTRITION AND INTEGRATED WELLNESS starts here.

Want more info?

Scan this QR to know more about this program.
tec.mx/lnb

WHY NOT?

RVOE: DEC-520912