



Master of Science in Nutrition & Food

Information Session
August 23, 2023

Mical K. Shilts, PhD
Graduate Program Coordinator



Introductions & Poll

- Type in the chat your
 - Name
 - School and/or program
 - Email (if you would like MS updates)
- Dr. Shilts
 - Graduate Coordinator

SACRAMENTO STATE

NUTRITION, FOOD & DIETETICS PROGRAM

The Sacramento State Master of Science in Nutrition and Food (NUFD) program prepares students for leadership and advocacy in nutrition programs and policy. Students apply nutrition and food research to improve individual and community health by developing strategies to promote food access, health equity, and dietary change.



The program is designed to:

Provide career advancement opportunities in federal, state and local food access and nutrition education agencies

Complement the Sacramento State's Dietetic Internship for those on the path to become Registered Dietitian Nutritionists

Two Program Options



MS Only

Admission Requirements (minimum)

Bachelor's Degree

- Regionally-accredited
- International*

Prerequisite courses

- Nutrition & metabolism
- Lifecycle nutrition
- Community Nutrition/Education
- Food Service Management/Production
- Statistics/Research Methods

GPA

- 3.0 last 60 units

* <https://www.csus.edu/international-programs-global-engagement/application-admissions-process/graduate.html>



MS + DI

Admission Requirements (minimum)

Bachelor's Degree

- Regionally-accredited
- International*

Prerequisite courses

- Nutrition & metabolism
- Lifecycle nutrition
- Community Nutrition/Education
- Food Service Management/Production
- Statistics/Research Methods

GPA

- 3.0 last 60 units

Dietetic Internship

- Overall DPD GPA 3.0
- MNT grade(s) B or higher
- **DPD Verification Statement**

* <https://www.csus.edu/international-programs-global-engagement/application-admissions-process/graduate.html>



MS NUFD Courses

The program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives to be tailored to interests and career goals.



MS NUFD Program Requirements

(30 units)

Core courses (18 units)

- NUFD 200 Research Methods
- NUFD 213 Advanced Nutrition with Community Program Applications
- NUFD 222 Advanced Community Nutrition and Nutrition Education
- NUFD 224 Advanced Community Nutrition and Policy
- NUFD 225 Food Production and Sustainability Policy
- NUFD 500 Culminating Experience

Electives* (12 units)

- Health Economics
- Strategies for Optimal Aging
- Political Environment of Policy Making
- Seminar in Behavioral Neuroscience
- Political Behavior and Political Processes: California and Beyond
- Anthropology of Food

*Select Interdisciplinary electives with advisor approval



Program Requirements

Thesis

or

Project

NUFD Faculty Research

- Dr. Braunstein
 - *Health & nutrition policy, food systems, health disparities, complementary & alternative medicine, and chronic disease*
- Dr. Buchan
 - *Carbohydrate on weight regulation, energy expenditures, and disease risk factors*
- Dr. Mulasi
 - *Qualitative research on nutritional outcomes from a cultural perspective and malnutrition assessment using nutrition-focused physical examination*
- Dr. Hanna
 - *Food insecurity & maternal nutrition in embryo development, fetal growth, and lactation*
- Dr. Shilts
 - *Behavioral nutrition, intervention development, telehealth, community nutrition, and dietary assessment*
- Dr. Thompson
 - *Sustainability, retail, food service & beverage management, and food sensory science*
- Dr. Wie
 - *Food safety regulations, knowledge sharing in food protection programs, and food sustainability*



Course Roadmap





SACRAMENTO
STATE

MS NUFD Only

Year/ Semester	Number	Title	Units
Y1 Fall	NUFD 213	Advanced Nutrition Science with Community Program Applications	3
	NUFD 222	Advanced Community Nutrition and Nutrition Education	3
	*Elective 1		3
Y1 Spring	NUFD 224	Advanced Community Nutrition and Policy	3
	NUFD 200	Research Methods	3
	Elective 2		3
Y2 Fall	NUFD 225	Food Production and Sustainability Policy	3
	Elective 3		3
Y2 Spring	NUFD 500	Culminating Experience	3
	Elective 4		3
Total units			30

*Full list of electives

<https://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>



SACRAMENTO
STATE

Year/ Semester	Number	Title	Units
Y1 Fall	NUFD 213	Advanced Nutrition Science with Community Program Applications	3
	NUFD 222	Advanced Community Nutrition and Nutrition Education	3
	*Elective 1		3
Y1 Spring	NUFD 224	Advanced Community Nutrition and Policy	3
	NUFD 200	Research Methods	3
	Elective 2		3
Y2 Fall	NUFD 225	Food Production and Sustainability Policy	3
	NUFD 223	Advanced Foodservice Management and Administration	2
	NUFD 221A	Advanced Clinical Nutrition A	3
	NUFD 295	Field Study	TBA
Y2 Spring	NUFD 500	Culminating Experience	3
	NUFD 221B	Advanced Clinical Nutrition B	1
	NUFD 295	Field Study	TBA

MS NUFD +
Dietetic
Internship
starts Y2

*Full list of electives

<https://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>

Application Portal Opens
Oct. 1st

Application Process & Tips

— CAL STATE —
APPLY

Welcome to The California State University

MS+DI submit
applications to
DICAS only

<https://www.calstate.edu/apply/graduate>

Welcome to The California State University

Thank you for your interest in The California State University. You can apply for the 2023-2024 cycle here, including Fall 2023, Winter 2024, Spring 2024, and Summer 2024. [Click here to apply to the 2022-2023 cycle.](#)

To determine the exact deadline for your desired program, visit the [Application Dates & Deadlines](#) page.

Refer to the [Applicant Help Center](#) for additional information, including [browser requirements](#).

Sign in with your username and password below. First time here? Select Create an Account to get started.



shiltsm



.....

Sign In

Create an Account





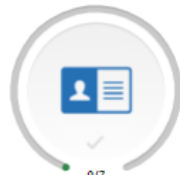
Nutrition and Food

Sacramento State

MS

Fall

Personal Information



0/7

Sections Completed

Academic History



0/3

Sections Completed

Supporting Information



0/1

Sections Completed

Program Materials



0/1

Sections Completed



SACRAMENTO STATE
Redefine the Possible

Program Materials

MS NUFD Required Documents

- Updated resume
 - Professional Statement including interest in the program, relevant experience, and research interests (500-750 words max)
 - Unofficial transcripts for all college-level coursework*
 - **2 Professional or Academic Recommendations**
-
- *Once accepted into the program, one set of **official** transcripts from all colleges and universities attended, *other than Sacramento State*
 - *International students must have degree evaluated via WES*



Application Due Date

- Master's
 - Feb. 1st

- Master's + DI
 - Feb. 15th

Current Tuition & Fees Per Semester

POST-BACCALAUREATE		
Units	6 or less	6.1 or more
Tuition Fees	\$2,082.00	\$3,588.00
Mandatory Campus Fees	\$930.00	\$930.00
TOTAL	\$3,012.00	\$4,518.

<https://www.csus.edu/apply/enrollment-costs-fees/tuition-living-costs/current-tuition.html>



Resources



Program Website

- NUFD Website

- www.csus.edu/nufd

Nutrition, Food & Dietetics
Department Of Family & Consumer Sciences

Colleges & Majors ▶ Social Sciences & Interdisciplinary Studies ▶ Department of Family & Consumer Sciences ▶ Nutrition, Food & Dietetics

- Drop-In Graduate Info Sessions for Fall '23 Cohort
- NUFD Alum: Brandon Venerable
- NUFD Alum: Tania Naber
- SSIS Student Success Center

Nutrition, Food & Dietetics Program
Mission

The Nutrition, Food & Dietetics (NUFD) Program provides high-quality experiential learning to diverse Sacramento State students so that they become empowered professionals in their community who lead disease prevention, sustainability, food access, and health promotion for individuals, families, and communities.

The NUFD program offers options for students interested in pursuing nutrition, food, dietetics, or health-related careers.

- BS Degree in Nutrition & Food (NUFD)
- Dietetics Concentration (DPD)
- Minor in Nutrition & Food
- Dietetic Internship (DI)
- MS Nutrition & Food

Program Overview

- Welcome Video
- NUFD Program Informational Flyer PDF
- Diversity, Equity & Inclusion Statement PDF

Academic Programs

- BS Degree in Nutrition & Food
- Dietetics Concentration
- Dietetic Internship
- Minor in Nutrition
- MS Degree in Nutrition & Food

Advising

- Schedule an Advising Appointment
- Faculty Advisors
- NUFD Peer Mentor

Application Resources

[MS NUFD Application Checklist \(MS only\)](#)

[CalStateApply MS only \(instructions\)](#)

[CalStateApply Instructional Video \(MS only\)](#)

www.csus.edu/nufd

Additional MS NUFD Drop-in Advising and Information Sessions

Graduate Program Information Sessions & Advising

Sessions cover an overview of the Graduate Program and application tips. At the end of each Information Session, one-on-one advising will be available.

Please contact [Dr. Mical Shilts EMAIL](#) if you need additional assistance.

Date	Time	Professor	Zoom Link
8/23/23	9:00-10:00 am	Dr. Mical Shilts	https://csus.zoom.us/j/86410785638
11/17/23	12:00-1:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82382483840
1/18/24	4:00-5:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82740128646



SACRAMENTO
STATE

Office Of
Graduate Studies
Academic Affairs

Updates in Response to COVID-19

Office of Graduate Studies Announcements

Grad Slam Competition 2023

Protected Writing Time

Welcome to the Office of Graduate Studies

Attention: The Office of Graduate Studies **will be closed to the public Friday, October 28, 2022.** During this closure, we will not be accepting walk-ins and our telephone line will be down. We will offer a one-hour office hour hosted by Zoom from 2:00 - 3:00pm. Please see the right-side navigation for our Zoom Office Hour instructions and access link. For non-urgent inquiries, please email our office at either grad_admissions@csus.edu (Future Students) or grad_degreeservices@csus.edu (Current Students). We will begin responding to emails on Monday, October 31, 2022.

We are available via telephone at (916) 278-6470 Monday - Friday from 9 a.m. - 3:00 p.m.

The Office of Graduate Studies serves as both the admissions and degree evaluations office for the over

Resources

For Graduate Students

- Upcoming Administrative Day Closure 10-28-22 PDF
- Prospective & Newly Admitted Students
- Current Students
- Financial Opportunities (Scholarships & Fellowships) PDF
- CSU Immunization Requirement

<https://www.csus.edu/graduate-studies/>

Dietetic Internship Open House



- January 8, 2023
- Check the DI website for the recording
 - www.csus.edu/facs/dietetic-internship
- Dr. Braunstein
 - DI Director
 - braunstein@csus.edu



Events and Announcements

Thank you for joining us for our Open House on January 9th!

See below to watch a recording of our session in its entirety. Attached are the presentation slides (both for our DI as well as the MS/DI) utilized during this session. Please reach out if you have additional questions about our program.

[Open House Recording](#)

[DI Open House Slides](#)

[MS/DI Open House Slides](#)

DICAS Applications

Please note we have two separate designations for DICAS to reflect our 2 program tracks (DI only and MS/DI).

Didactic Program in Dietetics (DPD)

- Verification statement
- Post baccalaureate option
- Dr. Mulasi, DPD Director
 - mulasi@csus.edu



<https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/nutrition/dpd-post-bacc.html>



SACRAMENTO STATE
Redefine the Possible

NUFD Faculty Advisors

- Wendy Buchan wbuchan@csus.edu
 - Nadine Braunstein braunstein@csus.edu
 - Lynn Hanna lhanna@csus.edu
 - Urvashi Mulasi mulasi@csus.edu
 - Mical Shilts shiltsm@csus.edu
 - Kelly Thompson kelly.thompson@csus.edu
 - Seunghee Wie wie@csus.edu
-
- Graduate Program Coordinator, Mical Shilts
 - DPD Director, Urvashi Mulasi
 - DI Director, Nadine Braunstein
 - FACS Department Chair, Lynn Hanna



Questions

Put in the chat

Thank you

Mical Shilts
shiltsm@csus.edu



SACRAMENTO STATE
Redefine the Possible



Master of Science in Nutrition & Food

Application deadline is February 1st

www.calstate.edu/apply



SACRAMENTO
STATE