



## Master of Science in Nutrition & Food

*Dietetic Internship Open House*  
1/9/23

Mical K. Shilts, PhD  
Graduate Program Coordinator



Nutrition, Food & Dietetics Program Sacramento State



**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 in  
NUFD

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MS in  
NUFD + DI



## MS + DI Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA	Dietetic Internship
<ul style="list-style-type: none"> <li>Regionally-accredited</li> <li>International*</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition &amp; metabolism</li> <li>Lifecycle nutrition</li> <li>Community Nutrition/Education</li> <li>Food Service Management/Production</li> <li>Statistics/Research Methods</li> </ul>	<ul style="list-style-type: none"> <li>3.0 last 60 units</li> </ul>	<ul style="list-style-type: none"> <li>Overall DPD GPA 3.0</li> <li>MNT grade(s) B or higher</li> <li>DPD Verification Statement</li> </ul>

\* <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/DI NUFD Program Requirements

**MS Core courses**

- 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\* select 2**

- 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

**D**

- NUFD 221 a/b Advanced Clinical Nutrition
- NUFD 223 Advanced Food Service Management
- NUFD 295 Field Study

\*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. Shiltz
  - 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

Year/Semester	Number	Title
Y1 Fall	NUFD 213	Advanced Nutrition Science with Community Program Applications
	NUFD 222	Advanced Community Nutrition and Nutrition Education
	*Elective 1	
Y1 Spring	NUFD 200	Research Methods
	NUFD 224	Advanced Community Nutrition & Policy
	Elective 2	
Y2 Fall <small>Dietetic Internship Starts Y2</small>	NUFD 225	Food Production and Sustainability Policy
	NUFD 221a	Advanced Clinical Nutrition A
	NUFD 223	Advanced Food Service Management
	NUFD 295	Field Study
	NUFD 500	Culminating Experience
Y2 Spring	NUFD 221b	Advanced Clinical Nutrition B
	NUFD 295	Field Study

\*Full list of electives  
<https://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>

## Application Process & Tips





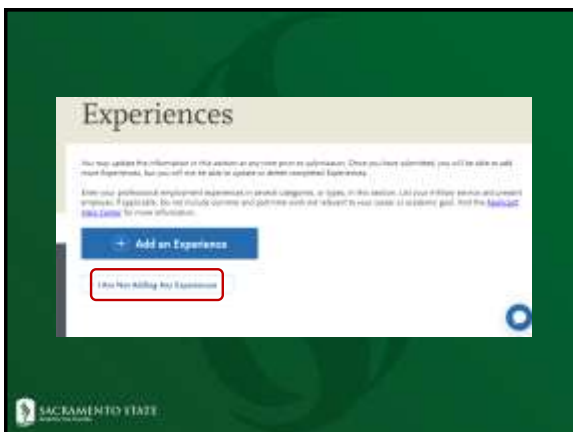
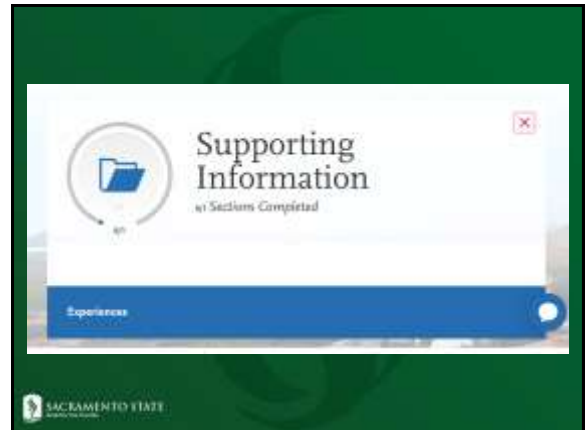
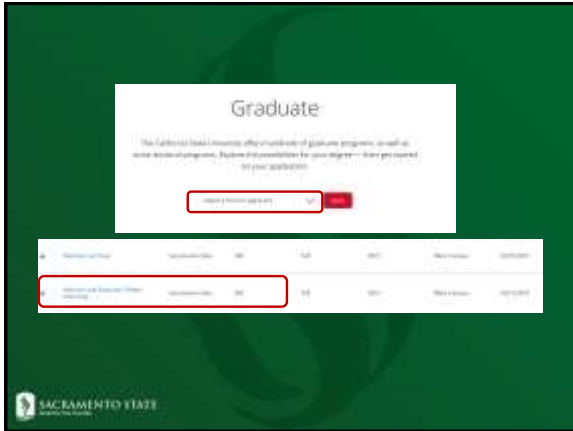
Welcome to The California State University

MS+DI submit applications to both Cal State Apply and DICAS



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



**Program Materials**  
as Sessions Completed

**Nutrition and Food with Dietetic Internship**  
Successor Course

SACRAMENTO STATE

SACRAMENTO STATE

Be sure to send in your official transcripts

SACRAMENTO STATE

SACRAMENTO STATE

My Application   Add Program   Submit Application   Check Status

**Submit Application**

Review your program selection here. Check on status of individual program notes, and pay for your program selection.

Once your application is submitted, no changes or refunds can be made.

0   TOTAL FEE: \$70.00   Submit All

SACRAMENTO STATE

**In addition to the Cal State Apply application, you must also complete the DICAS application Both are due 2/15**

SACRAMENTO STATE

# Resources



# Program Website

- NUFD Website  
– [www.csus.edu/nufd](http://www.csus.edu/nufd)




# Application Resources

[MS by NUFD Application Checklist \(NUF-DI\)](#)

[Call to Action: MS-DE Instructions](#)

[Call to Action: MS-DE Additional Video \(NUF-DI\)](#)

[www.csus.edu/nufd](http://www.csus.edu/nufd)




# MS NUFD Drop-in Advising and Information Sessions

Graduate Program Drop-in Office Hours for Advising & Information

Availability varies by semester of the Graduate Program and application date.

Date	Time	Drop-in Area
08/08	9:00-10:00 am	Graduate Studies
08/15	4:00-5:00 pm	Graduate Studies
08/22	10:00-11:00 am	Graduate Studies
08/29	9:00 am	Graduate Studies
09/05	10:00-11:00 am	Graduate Studies
09/12	10:00-11:00 am	Graduate Studies
09/19	10:00-11:00 am	Graduate Studies
09/26	10:00-11:00 am	Graduate Studies
10/03	10:00-11:00 am	Graduate Studies
10/10	10:00-11:00 am	Graduate Studies
10/17	10:00-11:00 am	Graduate Studies

[www.csus.edu/nufd](http://www.csus.edu/nufd)



# NUFD Faculty Advisors

- Wendy Buchan [wbuchan@csus.edu](mailto:wbuchan@csus.edu)
- Nadine Braunstein [braunstein@csus.edu](mailto:braunstein@csus.edu)
- Lynn Hanna [lhanna@csus.edu](mailto:lhanna@csus.edu)
- Urvashi Mulasi [mulasi@csus.edu](mailto:mulasi@csus.edu)
- Mical Shiels [shielsm@csus.edu](mailto:shielsm@csus.edu)
- Kelly Thompson [kelly.thompson@csus.edu](mailto:kelly.thompson@csus.edu)
- Seunghee Wie [wie@csus.edu](mailto:wie@csus.edu)



- Graduate Program Coordinator, Mical Shiels
- DPD Director, Urvashi Mulasi
- DI Director, Nadine Braunstein
- FACS Department Chair, Lynn Hanna



# Questions

# Thank you

Mical Shiels  
Graduate Program Coordinator  
[shielsm@csus.edu](mailto:shielsm@csus.edu)



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Application Deadline is February 15<sup>th</sup>