



Program Description

The 30-unit 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.

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*

Program Requirements (30 units)

Core courses (18 units)

- Research Methods
- Advanced Nutrition with Community Program Applications
- Advanced Community Nutrition and Nutrition Education
- Advanced Community Nutrition and Policy
- Food Production and Sustainability Policy
- Culminating Experience

Electives (12 units)

Interdisciplinary electives selected with advisor approval, for example:

- 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

**Note: The Sacramento State Dietetic Internship, requires a separate application. More information about the Internship can be found at: www.csus.edu/facs/dietetic-internship.*



csus.edu/nufd

For more information, view the NUFDF program website.

If interested in the preselect Sacramento State Dietetic Internship (DI) combined with this Master's program, view the DI website.



csus.edu/facs/dietetic-internship

Master of Science in Nutrition & Food

Application deadline is February 1st

www.calstate.edu/apply



SACRAMENTO
STATE

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.



NUFD Graduate Coordinator

Dr. Mical Shilts shiltsm@csus.edu

Office of Graduate Studies

www.csus.edu/graduate-studies/