Master of Science in Nutrition & Food

Information Session – Fall 2026

Mical K. Shilts, PhD
Graduate Program Coordinator

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Interim Graduate Program Coordinator



Department of Nutrition, Food & Dietetics

Sacramento State

1

Introductions

- Dr. Nadine Braunstein
  - Interim Graduate Coordinator
- Type in the chat
  - Name
  - School and/or program
  - Email (if you would like MS updates)
  - Interest in the MS, MS+DI, Completing DPD, or not sure



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2

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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

3

Two Program Options



MS in NUFD

MS in NUFD + DI

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4

MS Only Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA
• Regionally-accredited • International*	• Nutrition & Metabolism • Lifecycle nutrition • Community Nutrition/Education • Food Service Management/Production • Statistics/Research Methods	• 3.0 last 60 units

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

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5

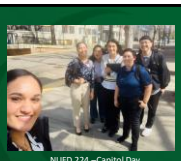
MS + DI Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA	Dietetic Internship
• Regionally-accredited • International*	• Nutrition & metabolism • Lifecycle nutrition • Community Nutrition/Education • Food Service Management/Production • Statistics/Research Methods	• 3.0 last 60 units	• 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

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6



NUFD 224 –Capitol Day

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.

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7

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



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8

Program Requirements

Thesis

or

Project



Hanging Out Before Poster Presentations 2025

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9



Graduate Student Research Showcase

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11

NUFD Faculty Research

- Dr. Braunstein
  - *Health & nutrition policy, food systems, health disparities, complementary & alternative medicine, and chronic disease*
- Dr. Mulasi
  - *Qualitative research on nutritional outcomes from a cultural perspective and malnutrition assessment using nutrition-focused physical examination*
- 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*

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12

Course Roadmap



MS NUFD 2024-26 Cohort

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13

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/

14

MS NUFD + Dietetic Internship starts Y2

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

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

15

Cal State Apply Application Portal Opens **Oct. 1st**

Application Process & Tips

CAL STATE APPLY

Welcome to The California State University

MS+DI submit applications to **DICAS only** **Available Oct. 1st**

16

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.

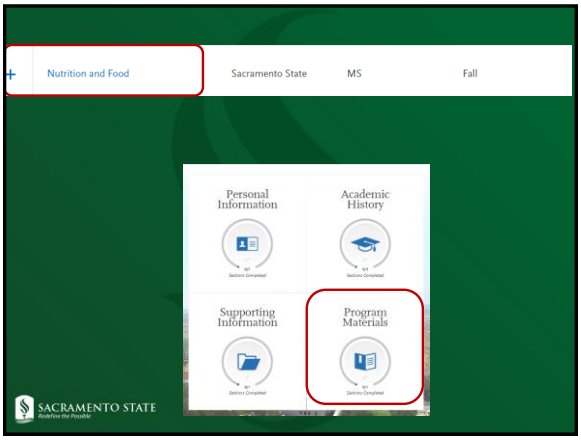
Sign in with your username and password below. First time here? Select Create an Account to get started.

shiltsm

Sign In

Create an Account

17



18

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 Recommendations** - 1 professor and 1 work/internship supervisor
- *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*

19

Application Due Date

✓ Only apply to one program

- Master's
  - Cal State Apply
  - Application portal opens Oct. 1st
  - Priority deadline Jan. 15th
  - **Final deadline Feb. 1st**
  - 2 references
- Master's + DI
  - **DICAS**
  - Application portal open Oct. 1st
  - Application Fee
  - **Deadline Jan. 15th**
  - 3 references


MS NUFD 2025-27 Cohort

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20

Current Tuition & Fees Per Semester

POST-BACCALAUREATE

Registration Fees per semester, Fall 2026 & Spring 2027

Units	6 or less	6.1 or more
Tuition Fees	$2,480.00	$4,274.00
Mandatory Campus Fees	$1,409.00	$1,409.00
TOTAL	$3,889.00	$5,683.00

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21

Resources


Hooding Ceremony Spring 2025

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22

Program Website

- NUFD Website
  - www.csus.edu/nufd



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23

Application Resources

MS NUFD Application Checklist (MS only)

CalStateApply MS only (instructions)

CalStateApply Instructional Video (MS only)


CANDAC 2025 Long Beach

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24

MS NUFD 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. Nadine Braunstein EMAIL if you need additional assistance.

Date	Time	RSVP
October 21, 2026	10am-11am	Please email braunstein@csus.edu
November 17, 2026	12pm-1pm	Please email braunstein@csus.edu

Advising Sessions for Prospective Students

Presentation Slides | Info Session Recording

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25



26

Didactic Program in Dietetics (DPD)



- Verification statement
- Post baccalaureate option
- 2nd Bachelor's degree option
- Ms. Jennifer Campbell, DPD Director
  - jennifer.campbell@csus.edu

https://www.csus.edu/college/social-sciences-interdisciplinary-studies/nutrition/dpd/about-dpd.html#post-baccalaureate-didactic-program-in-dietetics

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27

Postbaccalaureate DPD (Limited seats)

Plan	Second Bachelors in Nutrition and Food	Postbaccalaureate Didactic Program in Dietetics (DPD)
Eligibility	-Students with a non-nutrition degree from an accredited U.S. college/university (includes Food Science, Public Health) -Students who have completed coursework or have earned a baccalaureate or a higher degree from foreign countries (Before applying, foreign degree transcripts must be evaluated by approved agencies listed here)	-Sacramento State graduates of the BS in NUFD Program (without Dietetics Concentration) -Graduates with a nutrition degree from an accredited U.S. college/university
Prerequisites to Enroll	• Overall GPA ≥ 2.5 • At least C- grade in*: o Basic Biological Concepts (Bio 10) o General/Introductory Chemistry (Chem 1A* or Chem 6A) o Introductory Psychology (Psyc 7) o Introduction to Statistics (Stat 1)	• Overall GPA ≥ 3.0 • At least C grade in: o General Chemistry series (Chem 1A and Chem 1B) o Basic Biological Concepts (Bio 10) o Introductory Psychology (Psyc 7) o Introduction to Statistics (Stat 1) o Food Safety and Sanitation (NUFD 9) o Nutrition and Wellness (NUFD 10) o Principles of Food Preparation (NUFD 11) o Nutrition and Metabolism (NUFD 113)
How to apply	Cal State Apply Application (Deadline December 15th)	Open University Program (College of Continuing Education)
Information to Add Dietetics Concentration	All applicants will be first admitted into the BS in Nutrition and Food degree plan; after completing the following requirements, students will be eligible to declare the Dietetics Concentration • Overall GPA ≥ 3.0 • At least C grade in: o General Chemistry series (Chem 1A and Chem 1B) o Basic Biological Concepts (Bio 10) o Introductory Psychology (Psyc 7) o Introduction to Statistics (Stat 1) o Food Safety and Sanitation (NUFD 9) o Nutrition and Wellness (NUFD 10) o Principles of Food Preparation (NUFD 11) o Nutrition and Metabolism (NUFD 113)	N/A https://acrobat.adobe.com/id/urn:aaid:sc:US:106fb919-657d-4cd3-9ca5-400c93ae9d8a

* See a complete list of courses articulated with other colleges and universities within California at the assist website
*Prospective dietetics students must pass Chem 1A

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28

NUFD Faculty Advisors



- **Nadine Braunstein** braunstein@csus.edu
- **Jennifer Campbell** jennifer.campbell@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, Jennifer Campbell
- DI Director, Nadine Braunstein
- NUFD Department Chair, Seunghee Wie

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29

Graduate Student Perspectives



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30

Questions

Put in the chat or raise your hand/unmute

Thank you

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MS Priority Deadline 1/15, Final Deadline 2/1
MS/DI Deadline 1/15

www.calstate.edu/apply

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31