



Master of Science in Nutrition & Food

Information Session

Mical K. Shilts, PhD
Graduate Program Coordinator



Introductions

- Dr. Mical Shilts
 - 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



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 in
NUFD

MS in
NUFD + DI



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)

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GPA

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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>





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.



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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Program Requirements

Thesis

or

Project



Hanging Out Before Poster
Presentations 2025





Graduate Student Research Showcase



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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*



Course Roadmap





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/>



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/>

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



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<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



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Sign In

Create an Account



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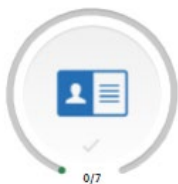
Nutrition and Food

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



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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*



Application Due Date

✓ Only apply to one program

- Master's
 - Cal State Apply
 - Application portal opens Oct. 1st
 - Priority deadline Jan. 10th
 - **Final deadline Feb. 1st**
 - 2 references
- Master's + DI
 - DICAS
 - Application portal open Oct. 1st
 - Application Fee
 - **Deadline Jan. 16th**
 - 3 references



Current Tuition & Fees Per Semester

Registration Fees per semester, Fall 2025 & Spring 2026

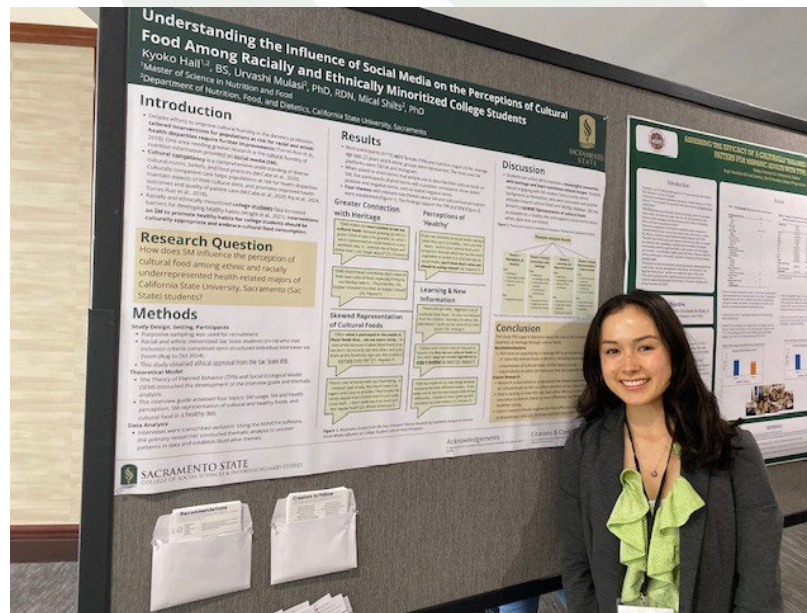
Units	6 or less	6.1 or more
Tuition Fees	\$2,340.00	\$4,032.00
<u>Mandatory Campus Fees</u>	\$1,282.00	\$1,282.00
TOTAL	\$3,622.00	\$5,314.00

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



Graduate Student Perspective

- Kyoko Hall, MS RD



Resources



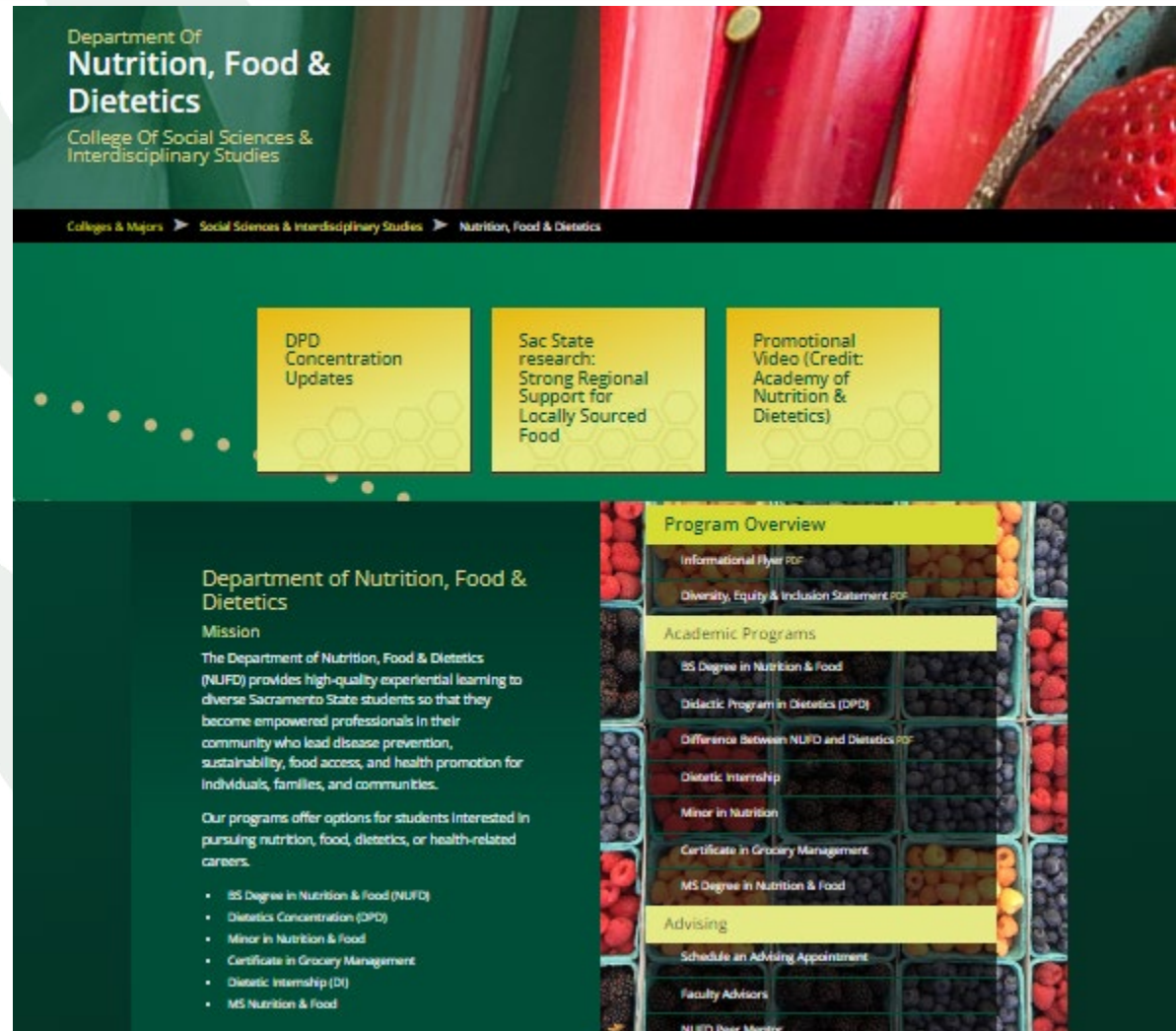
Hooding Ceremony Spring 2025



Program Website

- NUFD Website

- www.csus.edu/nufd



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Application Resources

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

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

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



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. Mical Shilts EMAIL](#) if you need additional assistance.

Date	Time	Session	Zoom Link
Sept.19	12pm	Information Session	RSVP at nufd@csus.edu
Oct. 7	4pm	Information Session	RSVP at nufd@csus.edu
Dec. 4	9am	Drop-in Q & A	RSVP at nufd@csus.edu

Graduate Program Information Sessions & Advising

[Presentation Slides](#)

[Info Session Recording](#)



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www.csus.edu/nufd



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

Dietetic Internship Open House

- Nov. 10, 2025
- Check the DI website for the recording
 - www.csus.edu/nufd/dietetic-internship
- Kellie Arita
 - DI Coordinator
 - karita@csus.edu
- Dr. Braunstein DI Director
 - braunstein@csus.edu



2024-25 MS+DI and DI

Events and Announcements

Virtual Open House and Informational Sessions

Our Open House will be held on November 10th from 12-1:30 pm PT via Zoom only. If you plan on attending live, please RSVP using the button below.

[Open House RSVP](#)



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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>



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*: - Basic Biological Concepts (Bio 10) - General/Introductory Chemistry (Chem 1A[*] or Chem 6A) - Introductory Psychology (Psyc 2) - Introduction to Statistics (Stat 1)	- Overall GPA ≥ 3.0 - At least C grade in: - General Chemistry series (Chem 1A and Chem 1B) - Basic Biological Concepts (Bio 10) - Introductory Psychology (Psyc 2) - Introduction to Statistics (Stat 1) - Food Safety and Sanitation (NUFD 9) - Nutrition and Wellness (NUFD 10) - Principles of Food Preparation (NUFD 11) - Nutrition and Metabolism (NUFD 113)
How to apply	Cal State Apply Application (Deadline December 15 th)	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: - General Chemistry series (Chem 1A and Chem 1B) - Basic Biological Concepts (Bio 10) - Introductory Psychology (Psyc 2) - Introduction to Statistics (Stat 1) - Food Safety and Sanitation (NUFD 9) - Nutrition and Wellness (NUFD 10) - Principles of Food Preparation (NUFD 11) - Nutrition and Metabolism (NUFD 113)	N/A https://acrobat.adobe.com/id/urn:aaid:sc:US:1d6fb919-657d-4cd3-9ca5-400c93ae9d8a



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



Questions

Put in the chat

Thank you

Mical Shilts
shiltsm@csus.edu



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MS Priority Deadline 1/10, Final Deadline 2/1
MS/DI Deadline 1/16

www.calstate.edu/apply



SACRAMENTO
STATE