



## Nutrition, Food & Dietetics Program Sacramento State

### Master of Science in Nutrition & Food

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

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.



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### MS NUFD Program

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\*

\*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](http://www.csus.edu/facs/dietetic-internship).

### 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

**For more information, view the NUFD program [website](#) and CSUS [catalog](#) for admission requirements.**

**If interested in the preselect CSUS Dietetic Internship (DI) combined with this Master's program, view the DI [website](#).**



Department office is in Mariposa Hall 3000