

SPRING 2026

NUTRITION AND FOOD NEWSLETTER

DEPARTMENT OF NUTRITION, FOOD & DIETETICS



Dr. Seunghee Wie, Chair

It is my great pleasure to welcome you to the first newsletter of the Department of Nutrition, Food & Dietetics at California State University, Sacramento.

In August 2024, our long-standing Nutrition and Food program reached a milestone when it became an independent department within the College of Social Sciences and Interdisciplinary Studies.

This transition reflects years of dedicated work by faculty, staff, students, alumni, and community partners who have helped build a strong and respected program. As the inaugural founding chair, it is both an honor and a privilege to serve during this exciting period of growth and transformation.

Although, our department is newly established, the foundation of our program has been built over many years through excellence in teaching, research, and community engagement. Our faculty are deeply committed to preparing the next generation of professionals in nutrition, food systems, and dietetics. Through innovative curriculum, hands-on learning experiences, and meaningful partnerships, we strive to equip our students with the knowledge and skills needed to address today's complex health and food challenges.

Thank you for being part of the Department of Nutrition, Food & Dietetics community. We look forward to continuing this journey together as we advance our mission to educate, inspire, and serve.

Sincerely,

A handwritten signature in blue ink that reads "Seunghee Wie".

Seunghee Wie



FACULTY SPOTLIGHT: DR. JEANNIE GAZZANIGA-MOLOO



Dr. Jeannie Gazzaniga-Moloo
PhD, MS, RDN, FAND

How did you get started in the field of nutrition?

I began at UC Santa Barbara, where an introductory nutrition course completely changed my direction. I was drawn to both the science and its real-world impact on health at a time when diet wasn't widely discussed in disease prevention.

Was there a moment in your career that really shaped you?

A defining experience was my master's research at Texas A&M with Dr. Joanne Lupton, where I studied the effects of different dietary fibers using a controlled animal model. Designing and conducting that study was the first time I truly felt like a scientist, and it shaped how I approach both research and teaching.

What opportunities should students take advantage of while at CSUS?

Build relationships with faculty, mentors, and peers. Seek out internships, research, and leadership roles, even if they feel intimidating. Some of my most formative experiences came from saying yes to new opportunities, including a six-month internship at CNN. Growth rarely happens inside your comfort zone.

Who has influenced you the most in your career?

Dr. Joanne Lupton was a key mentor who modeled scientific rigor and integrity. I was also shaped by my nine years as a national media spokesperson for the Academy of Nutrition and Dietetics, where I translated research for the public and worked to counter misinformation.

If you weren't in nutrition, what do you think you would be doing?

I likely would have become an environmental lawyer, working to hold corporations accountable for environmental harm. I later earned a PhD in Preventive Medicine and Environmental Health with an emphasis in epidemiology, which reflects that same commitment. Whether through science or law, my goal has always been to advocate for public health.

What are you currently working on?

In addition to teaching, I focus on caregiver advocacy shaped by my experience caring for my late husband during 12 years of cancer treatment while raising our three young children. I'm writing a memoir on the cost of endurance in long-term caregiving and its impact on identity, health, and well-being.

I also serve as Nutrition Chair for the Sacramento American Cancer Society's Cultivate program and help with their teaching kitchen initiative supporting families navigating cancer. This work allows me to connect nutrition, advocacy, and community impact.

Jeannie Gazzaniga- Moloo PhD, MS, RDN, FAN

STUDENT SPOTLIGHT: 2026 GRAD SLAM WINNERS

Sac State Grad Slam competition winners Kimberly Cervantes (1st place) and Monzerrath Gonzalez Ramos (2nd place) will advance to the CSU-wide Grad Slam competition, hosted by Cal State Fullerton on May 1.

Grad Slam celebrates exceptional graduate research, challenging students to clearly and effectively explain their complex projects in just three minutes. This year marks the first time students from the MS in Nutrition and Food (NUFD) program have competed and their achievement is significant. Kimberly and Monzerrath claimed the top two spots among all Sacramento State graduate students competing, an outstanding accomplishment.

They will now represent Sacramento State as they compete against Grad Slam winners from across the CSU system. Congratulations to Kimberly and Monze and thank you for proudly representing our campus and the NUFD Department at this important event.



Kimberly Cervantes is a NUFD Graduate Student and Dietetic Intern. Her research examines how infant feeding practices and maternal factors influence rapid weight gain during the first year of life using WIC data from rural communities. By identifying early-life risk factors, her work aims to support targeted interventions that promote healthy growth and reduce childhood obesity risk.



Monzerrath Gonzalez Ramos is a NUFD Graduate Student and Dietetic Intern. Her research focuses on understanding how family legal status affects food insecurity and CalFresh participation among students from mixed status families. Her research results could help improve outreach efforts and inform future policies for increasing the accessibility of CalFresh.

PROGRAM SPOTLIGHT: SPORTS NUTRITION INTERNSHIP



Left to right: Jennifer Campbell, Lillian, Hayley, Jose, John, Daniel, Gabby. Front row left to right: Adena, Maribeth, Jasmine, Kamal, Monica. (not pictured Eric)

The Sports Performance Nutrition Internship, led by DPD Director, Jennifer Campbell, combines nutrition science with exercise physiology to help athletes optimize performance, recovery, and overall health. Athletes learn evidence-based strategies such as nutrient-timing, hydration, and fueling for training and competition. Interns gain real-world experience supporting Sac State athletic teams while developing practical skills that prepare them for careers in sport performance nutrition and related health fields.



Gabriella Zamora,
interviewee

What makes sports nutrition different from general nutrition?

Sports nutrition integrates exercise science and evidence-based nutrition to support training, performance and recover in active individuals.

What can students expect to learn in the Sports Nutrition Internship?

Students can expect to gain knowledge in a variety of sports nutrition topics, including nutrient timing for athletes, proper hydration strategies and evidence-based recommendations for food intake to enhance performance and recovery. Interns will also learn how to apply these concepts in real-world athletic settings.

What does a typical day look like for interns?

A typical day may involve supporting the Sac State football team by preparing protein smoothies, restocking the fueling station, prepping fruit for practice, and opportunities include creating digital content for social media and presenting workshops on various nutrition topics to different sport teams on campus.

How does the internship prepare students for their future careers?

This internship prepares students for future careers by providing hands-on experience in a sports performance environment. Interns gain insight into athletes' nutritional needs and learn how to effectively contribute to performance and recovery through practical application of sports nutrition principles.

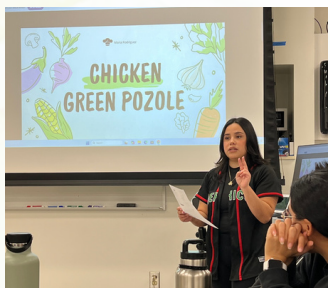
CARC AND NUTRITION AND FOOD COOKING DEMO

The Cultural Academic Resource Center (CARC) partnered with the Nutrition, Food & Dietetics Department (NUFD) to host an engaging, hands-on learning experience for college students. During the event, students were guided through the preparation of a complete meal by Dr. Kelly Thompson, which included chicken scampi and a fresh strawberry salad. This collaboration aimed to teach practical cooking skills while also promoting nutritional awareness, giving students the opportunity to learn how to prepare balanced, healthy meals in an interactive and supportive environment.



Dr. Seunghie Wie, Pa Vang, Quyen Lu, and students at the CARC/NUFD cooking demo.

NUTRITION AND FOOD (FAN) CLUB



Carolina Rodriguez conducting a cooking demo for the FAN Club

The Food and Nutrition (FAN) Club at Sacramento State continues to bring students together through a shared love of food, nutrition, and community. From engaging conversations to hands-on activities and, of course, plenty of delicious food. FAN provides a welcoming space for students to connect, learn, and build lasting relationships.

During the meeting, the club was also excited to welcome new leadership with the election of Brittney Harrell as FAN's Outreach Coordinator. Brittney brings enthusiasm and fresh ideas to the role, and we are thrilled to have her supporting the club's continued growth. As Outreach Coordinator, she will play a key role in strengthening connections across campus and the broader community, helping to increase student engagement and visibility for FAN's events and initiatives. We look forward to the energy and creativity she will bring as we continue expanding the club's impact and presence at Sac State.



Brittney Harrell and Toni Hill-Tesfai enjoying a bowl of Chilli at the FAN Club event



The Fan Club strives to build community and connection among its members through regular gatherings and activities. This spring, members hosted a tote bag decoration event on March 10, 2026, enjoyed great food and conversation at a chili social, and participated in an educational visit to a local farmers market on March 28, 2026.

Stay connected and keep up with our latest events by following us on [Instagram @Fanclub_csus](https://www.instagram.com/Fanclub_csus)



Nutrition and Food Programs

- Bachelor of Science
- Dietetics Concentration
- Minor
- Dietetic Internship
- Master of Science



As the newest department at Sacramento State your generous donation plays a crucial role in supporting the growth and success of our students and programs. Your contribution helps fund scholarships, research initiatives, and community outreach, all of which are essential in shaping the next generation of nutrition and dietetics professionals.

Support the Department of Nutrition, Food & Dietetics ([Giving Link](#))



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