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CSU Sacramento
Dietetic Internship Open House
January 8, 2024

<http://www.csus.edu/facs/dietetic-internship>

Redefine the Possible™

8:45 - 9:00 am	Zoom meeting open/Arrive RVR1015
9:00 - 9:10	Welcome and Introductions
9:10 - 10:00	Overview of Program and MS/DI
10:00 - 10:10	Break
10:10 – 10:30	Preceptor & Alumni Insights
10:30 - 11:00	Intern Insights and Q&A
11:00-11:15	Breakout Session Q&A
Optional	
11:15 - 12:00	Personal Statement Review

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Our 2023-25 Classes – DI & MS/DI



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Meet the Faculty



**Nadine Braunstein,
PhD, RD, FAND
Director**



**Vicky Flaig, Med, RDN
Lecturer for Food
Service Management**

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The Programs Available at Sac State

- **DI Only** – for people who have a Master’s Degree AND a DPD Verification Statement.
Seeking 4 people for the 2024-25 class
- **MS/DI** – For people with DPD Verification Statement. **Seeking 7 people for the 2024-26 class.**
- **MS Nutrition and Food** – Seeking ~ 10 people

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Concentrations

- **Disease Prevention and Health Promotion**
 - Integrated by working with CA Dept. of Public Health, Schools, WIC, assignments, classes, projects
- **Advocacy and Public Policy**
 - Integrated by working with CA Dept. of Public Health, assignments, classes, projects

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Program Description

- 10 interns
- Complete in 39 weeks
- Mid-August – Mid-May
- 1000+ rotation hours
- Work 32-40 hours/week
- 2 weeks of vacation during winter holidays and a few days before the CANDAC conference

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Program Benefits

- **Variety of rotation sites throughout the Greater Sacramento Area**
 - Variety of practice experiences
 - Expansive networking opportunities
 - Practice with culturally diverse populations
- **Collaboration with field experts**
 - Monday classes taught by preceptors, local and national guests/experts, former interns
 - CSUS faculty
 - Field trips
- **Access to campus resources**

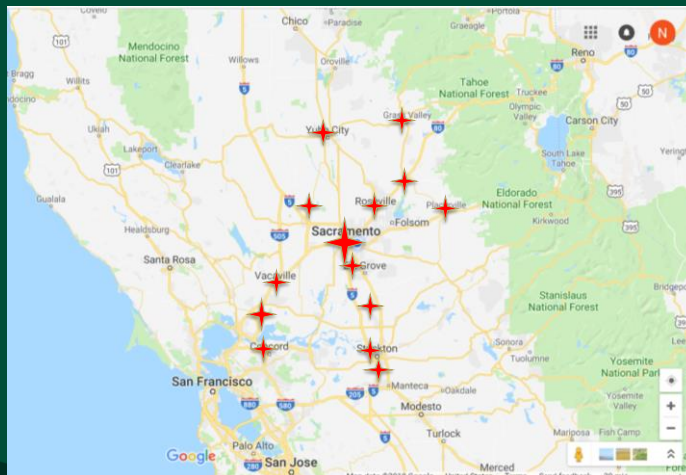
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Rotations

- **Clinical**
 - Acute care – 12-16 weeks
 - Long term care – 2 weeks
 - Outpatient clinical - 8 weeks
- **Food Service Management and Administration – 7 weeks**
- **Community – 5 weeks**
- **Elective – 2 weeks**

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Rotation Locations



Rotation Sites

- Adventist Health Lodi Memorial Hospital
- California Department of Public Health
- California Department of Public Health – WIC
- California Department of Education
- California Health Care Facility – Stockton, Vacaville
- Center for Discovery
- DaVita Polaris-Pacific Gold Division
- Eating Recovery Center of California
- Elk Grove Unified School District
- Fresenius South Sacramento
- Food Literacy Center

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More Rotation Sites

- Kaiser Permanente Roseville Medical Center
- Kaiser Permanente South Sacramento Medical Center
- Kaiser Permanente Vacaville Medical Center
- Kaiser Permanente Vallejo Medical Center
- McKinley Park Care Center
- Meals on Wheels by ACC
- Mercy General Hospital Sacramento
- Mercy San Juan Medical Center
- Natomas Unified School District
- Nutricopia, Inc.
- One Community Health

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Even More Rotation Sites

- Robla School District
- PENS Clinic
- Rideout Adventist Hospital
- Ronald McDonald House Charities of Northern California
- Sacramento State University WELL Outpatient Clinic
- St. Joseph’s Medical Center
- San Joaquin General Hospital
- Sierra Nevada Grass Valley Hospital
- Sutter Medical Foundation
- Sutter Auburn Medical Center
- Sutter Modesto Medical Center
- Sutter Roseville Medical Center
- Sutter Sacramento Medical Center
- Twin Rivers Unified School District

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Monday Class Days

11	13-Sep	9:00-11:00 11:00-12:30 12:30-1:30 1:30-3:00	Kelly Melanson: Eating Disorders Review case studies (cohort's choice) Lunch Cecilia Tam: Cardiovascular (via Zoom)
12	20-Sep	9:00 - 12:00 12:00-1:00 1:00-3:00	NFPE Practice at City Creek Post Acute LUNCH Christina Ellis: Home Health
13	27-Sep	9:00-12:00 12:00-1:00 1:00-3:00	Practice RD Exam (in class) LUNCH MI w/ Michael Elfant (cancelled) sub w/ Pre-Biotics Webinar
14	4-Oct	9:00-11:00 ----- 11:00-12:00 12:00-2:00 2:00-3:00	Webinar: Malnutrition Diagnosis and Documentation: Strategies for Success / Heather presentation LUNCH Check-in / Review results from RD exam Malnutrition w/ Joan
15			
16	11-Oct	All Day	Nutrition Communications Training w/ Kori Dover (Beef Council) and Megan Holdaway (Dairy Council)
17	18-Oct	9:00-11:00 11:00-12:00 12:00-1:00 1:00-3:00	Nicole Guerin: HAES (via Zoom) Ashley: Article Presentation LUNCH MI w/ Michael Elfant
18	25-Oct	All Day	Farm Tours w/ Kori Dover
19			

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Field Trips



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Community Service



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Conferences




Policy Activities



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Determining Standard Formulations for Thickened Liquids in Acute Care

Rachel A. Comstock RD and Nadine S. Braunstein PhD, RD, CDE, FAND
California State University, Sacramento Dietetic Internship



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Abstract

For the last three decades, countries have implemented national dysphagia diets with loosely-defined characteristics, which has resulted in variability in food and liquid consistencies among healthcare facilities. The International Dysphagia Diet Standardisation Initiative (IDDSI) evolved as an effort to provide standardized descriptions and measurement for all consistencies of dysphagia diets. Changes in liquid level consistencies require new formulations for thickened liquids served in healthcare facilities. The purpose of this research was to determine a standard ratio for thickening liquids with Simply Thick® Easy Mix gel thickener that would be implemented in a 328 bed acute-care hospital. A total of 52 liquids were tested using methodologies outlined in the IDDSI Framework. Mildly and moderately thick liquids (levels 2 and 3) were tested using the syringe gravity flow test. Extremely thick liquids (level 4) were tested using both the spoon tilt test and the fork drip test. Liquid volumes ranged from 4 to 8 ounces. An average of four trials was used to classify the thickened liquids into their respective liquid levels. Fifty of the liquids were able to be thickened to meet mildly and moderately thick consistency requirements; all liquids were able to meet extremely thick requirements either when thickened or using the baseline consistency. A standard recipe specifying the amount of thickener to add to each liquid was determined following testing. Recipe charts were placed in the kitchen and nourishment centers on all patient floors. In-service trainings were delivered to all nutrition staff.

Methods

A total of 52 liquids were tested using the testing methods outlined in the IDDSI Framework^{1,2}. Each liquid was thickened using Simply Thick® Easy Mix gel thickener to meet three liquid levels under IDDSI (mildly thick, moderately thick, extremely thick). All liquids were tested at room temperature with the exception of cold shelf-stable beverages (i.e., milk), and hot liquids (i.e., coffee, tea, broth). Mildly and moderately thick liquids (levels 2 and 3) were tested using the syringe gravity flow test. A 10 mL Luer lip syringe with the plunger removed was used for each flow test. 20 mL of thickened liquid was placed in the syringe while the nozzle was covered. A timer was set for 10 seconds and the nozzle was released at the start of the 10 seconds. The nozzle was covered at the 10 second mark, and the measurement of the remaining liquid in the syringe was recorded. Liquids were classified as mildly thick if they fell between 4 and 8 mm on the syringe, and were classified as moderately thick if they fell between 2 and 10 mm on the syringe. The syringe flow test method can be seen in Figure 1 below. Extremely thick liquids (level 4) were tested using both the spoon tilt test and the fork drip test. During the spoon tilt test, liquids were classified as extremely thick if they slide cohesively off a spoon tilted sideways with little to no residue on the spoon. The liquids were then tested using the fork drip test. They were classified as extremely thick if the liquid sat in a mound on top of the fork without any liquid dripping or dolloping through the tines. The two tests can be seen in Figure 2 below. All liquids were thickened using increasing increments of "pumps" until they were able to meet the measurements for each level above. One pump of thickener was equivalent to 1 ounce. The number of pumps required to achieve each level was recorded. Four total trials were completed for each liquid.

Results

Results of the flow tests were averaged and rounded to the nearest quarter of a millimeter to determine the appropriate liquid level. Table 1 below shows the resulting average measurements for 3 of the 52 liquids. Liquid volumes ranged from 4 to 8 ounces. Fifty of the 52 of the liquids were able to be thickened to meet mildly and moderately thick consistency requirements; all liquids were able to meet extremely thick requirements either when thickened or using the baseline consistency. Following testing, a standard recipe was created specifying the amount of thickener (in pumps) to be added to each liquid in order to meet each level. Recipe charts were then created to be posted in the hospital kitchen and nourishment centers on patient floors. A sample recipe chart for 3 of the 52 liquids can be seen below in Table 2.

Liquid	Average syringe test measurement for Mildly Thick (in mm)	Average syringe test measurement for Moderately Thick (in mm)
Juice, Cranberry (8 oz.)	4.25	8.5
Guarinate, all Flavors (12 oz.)	4.5	9
Guarinate, all Flavors (8 oz.)	5.0	8.5

Liquid	Volume (oz.)	Pumps for Mildly Thick (Level 2)	Pumps for Moderately Thick (Level 3)	Pumps for Extremely Thick (Level 4)
Juice, Cranberry (8 oz.)	4	1	2	4
Guarinate (all Flavors)	12	3	6	12
Guarinate (all Flavors)	8	1	2	5

Background

Dysphagia, or difficulty swallowing, is a prominent health concern in the elderly population. Up to 3% of the world's population is estimated to suffer from dysphagia. This population is at increased risk for malnutrition, dehydration, and aspiration³. Ongoing research in dysphagia treatment is promising; however, the most commonly recognized intervention used is texture modification of food and beverages. Traditionally, health care facilities in the United States have followed the National Dysphagia Diet (NDD), which over time has shown to potentially provide inconsistent results due to difficult to interpret guidelines and imprecise measurement standards. As a measure of accuracy, 23 speech language pathologists (SLPs) were instructed to thicken several solutions to meet their perceptions of all three thickened liquid levels under the NDD (nectar, honey, pudding). When the results were analyzed with a viscosimeter, the SLPs were shown to lack replication reliability among samples in the same liquid level's variability in thickening standards is a risk to patient safety, and supports the need for universal standardization. The International Dysphagia Diet Standardization Initiative (IDDSI) evolved in effort to address the inconsistency seen among many national dysphagia diets. New levels for solids and liquids were determined using standardized measurements that are intended to be easily replicated among health care professionals. With the shift in thickened liquid standards, many acute and long-term care facilities across the United States are evaluating their formulations for thickened liquids in order to meet the new standards.

Discussion

With increasing awareness of IDDSI, acute and long-term care facilities may benefit from early preparation for successful transitioning. Determining standard recipes for thickened liquids under the IDDSI framework is essential for successful implementation since many liquids thickened under the NDD do not meet the requirements for IDDSI guidelines. Food service staff would likely benefit from education on IDDSI testing methods to properly carry out testing in their respective facilities.

References

- Cichero, A.V., Steele, C., Djuvelstad, L., et al. The need for international terminology and definitions for texture-modified foods and thickened liquids used in dysphagia management: Foundations of a global initiative. *Curr Prot Med Res*. 2013; 1:200-91. doi:10.1087/CPM.01.01.2003.0
- Cichero, A.V., Steele, C. Thicker viscos in dysphagia management: variability among speech-language pathologists. *Dysphagia*. 1992;13(4):218-22. doi: 10.1007/BF00009175
- The International Dysphagia Diet Standardization Initiative 2016. <http://idssi.org/Translations/>

Funding Disclosure: Simply Thick® provided the thickener used during this research. No other funding contribution was given to Simply Thick.

For more information:
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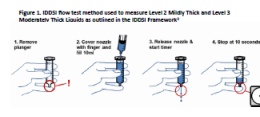


Figure 1. IDDSI spoon tilt and fork drip test methods used to measure Level 4 Extremely Thick Liquids as outlined in the IDDSI Framework^{1,2}





Figure 2. IDDSI spoon tilt and fork drip test methods used to measure Level 4 Extremely Thick Liquids as outlined in the IDDSI Framework^{1,2}



Research by Dietetic Interns Identifies Food Stores with the Best Value for Sacramento State Students

Elizabeth Custer, DTR, CSUS Dietetic Interns, & Nadine Braunstein PhD, RD, FAND
California State University, Sacramento Dietetic Internship

ABSTRACT

This study was completed by dietetic interns to determine food prices at grocery stores used by California State University, Sacramento (CSUS) students. The CSUS dietetic interns analyzed food prices at various local grocery stores based on a modified Nutrition Environment Measures Survey (NEMS). Lowest priced stores within two miles from campus were: Trader Joe's for milk, vegetables, ground meat, beverages, chips, and cereal; Target for bread; and Raley's for fruit. Lowest priced grocery stores within six miles from campus were: Winco for ground meat, beverages, vegetables, and bread; Walmart for milk, chips; and Grocery Outlet for fruit and cereal. As a result of this study, the dietetic interns have developed Smart Shopping educational materials for the CSUS student body.

METHODS

Ten CSUS dietetic interns were placed in groups of two. Each group was assigned 2-3 local grocery stores where CSUS students might shop. Interns collected food price data using a modified NEMS methodology. The NEMS was developed as an observational tool to effectively assess a variety of factors, such as price and quality, within grocery stores¹. Eleven stores, ranging from one to six miles from campus, were visited on the morning of August 24, 2018. The following stores were evaluated: Target, Raley's, Safeway, Savemart, Trader Joe's, Walmart, Sprouts, Sacramento Natural Foods Co-op, Winco, Grocery Outlet, and Smart and Final. The stores were categorized and compared based on their proximity to campus, with the first group being within two miles from the CSUS campus, and the second group being within six miles from the CSUS campus. The food categories that were analyzed included: fruits, vegetables, milk, bread, chips, beverages, cereal, and ground meat. From the data collected on prices and availability, a calculated score was determined for each of the food groups and grocery stores analyzed.

RESULTS

Store	Distance from CSUS (Miles)	Apple		Banana		Orange	
		Price/lb	Price/oz	Price/lb	Price/oz	Price/lb	Price/oz
Safeway	1.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Raley's	1.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Target	1.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Smart Mart	1.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Trader Joe's	1.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Grocery Outlet	2.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Smart & Final	2.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Winco	4.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Walmart	4.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02
Winco	6.00	\$1.19	\$0.07	\$0.60	\$0.04	\$0.38	\$0.02

DISCUSSION

A limitation was that some data were not available, due to data collection error or inadequate stock at the stores. Also, since certain stores offered fruits and vegetables on a per piece basis, the prices were converted to pounds using an estimated conversion factor for medium sized produce. The strengths of the study were that all data were gathered within the same two-hour time frame and data were gathered utilizing a modified NEMS. These data can be used by students to determine the average pricing of food items, as well as where to shop for the lowest priced foods depending on what needs to be procured. As a result of this study, the dietetic interns have developed Smart Shopping educational materials for the CSUS student body in attempt to reduce students' food cost and subsequent food insecurity.

REFERENCES

- Critchfield, R. & Maguire, J. (2018, January). Study of Student Basic Needs. Retrieved February 14, 2019, from <https://www2.cslhhs.edu/impact-of-the-student-success/basic-needs-initiative/Documents>
- Brotan, K. & Goldrick-Rab, S. (2014) The Dark Side of College (Un)affordability: Food and Housing Insecurity in Higher Education. *Change: The Magazine of Higher Learning*, 48(1), 16-25. doi: 10.1080/0009183.2014.1121081
- Glanz, K., Sallis, J., Saalens, B., & Frank, L. (2007, April). Nutrition Environment Measures Survey in Stores (NEMS-S): Development and Evaluation. *American Journal Preventive Medicine*, 32(4), 1-8. doi: 10.1016/j.ajpme.2006.12.019

For More Information Contact Elizabeth Custer at elizabethcuster93@gmail.com

Clinical




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Food Service



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Assignments/Projects

- Case Study Written Report and Presentation
- Journal Article Written Report and Presentation
- Infographic Critique and Creation
- Nutrition Education Class Creation and Delivery
- Legislative Bill Review and Letter to Assemblyman
- Public Policy Events
- Nutrition and Food Policy in the News presentation
- Clinical classes, Modules, Canvas Discussion, Participation

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Admission Requirements

- Requirements:
 - Overall DPD GPA 3.0 or greater (or a Master's degree)
 - MNT grade(s) of B or higher within 5 years
 - Completed an ACEND- accredited Didactic Program in Dietetics

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Priorities on Applications

- Work experience related to dietetics (especially clinical, but also FS and Community)
- Volunteer experience
- Overall DPD GPA (Avg. 3.45)
- Strong personal statement
- Strong letters of recommendation (especially from supervisor)
- Master's Degree
- Sports/extracurricular activities
- Leadership role(s)

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CSUS Interns' DPD GPA

Year	Average Overall DPD GPA
2011	3.5
2012	3.4
2014	3.4
2016	3.6
2017	3.5
2018	3.4
2019	3.4
2020	3.4

Average
3.45

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Intern Characteristics

- Hard-working – willing to go the extra mile, exceed expectations
- Resourceful
- Flexible
- Independent, self-starter
- Respectful
- Professional
- Punctual
- Good communication skills

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Personal Statement

- Describe your interest in the dietetics profession.
- What in particular about our program interests you?
- Please describe your interest in our emphases: Advocacy and Public Policy and/or Disease Prevention and Health Promotion.
- Describe your ability to work independently.
- What qualities do you have that make you a good match for CSU, Sacramento? Why Sac State?
- 8,000 characters or approximately 1,000 WORD LIMIT

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Outcomes

- **Internship Acceptance Rate**
 - 2014 class: 53 applicants (8 interns)
 - 2016 class: 60 applicants (8 interns)
 - 2017 class: 80 applicants (8 interns)
 - 2018 class: 91 applicants (10 interns)
 - 2019 class: 74 applicants (10 interns)
 - 2020 class: 72 applications (9 interns matched)
 - 2021 class: 76 applications (10 interns matched)
- 3-year Pass Rate 2017-2020 = 100%

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Graduate Enrollment

- Once selected/matched to the CSUS Dietetic Internship Program, Interns are admitted to the University through the Office of Graduate Studies. Interns must enroll in CSUS graduate courses which is how you pay for the internship.
- Internship fees are based on graduate fees and other costs

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Tuition & Fees – 2023-24

- Tuition (estimate) - 10 Graduate Credits (and supervised practice credits)
 - California resident - \$9036 (Expect more in 24-25)
 - Non-resident- \$18,356
 - CSUS application fee – \$50
- CSUS graduate application fee (only if matched) - \$95
- D&D Digital Matching – \$55
- Background check and drug screen - \$93
- My Clinical Exchange - \$39.50

No Federal Education Loans Available for DI Only

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You are enrolled in classes to pay for the internship

- Fall: Field Study and
 - NUFD221A – Advanced Clinical Nutrition A
 - NUFD222 – Advanced Community Nutrition and Nutrition Education
 - NUFD223 – Advanced Food Service Management and Administration

Spring: Field Study and

- NUFD221B Advanced Clinical Nutrition B
- NUFD224 Advanced Community Nutrition and Policy

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Fees - continued

- AND student membership - \$58
- NAND student membership - \$15
- Professional liability insurance - \$45
- Transportation – varies
- Health insurance, TB tests, proof of vaccinations, titers, flu shot
- State and local meetings - \$400-\$600 (less in 2020-21)
- Housing off campus - \$800-\$1,100/month

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Application Deadlines

- **DICAS application complete**
- **D&D Digital deadline by 11:59 pm CST February 15**
- **Include in the DICAS application**
 - Documentation of paying the application fee of \$50 (save the receipt (scan or pdf) and include as a supplementary document
- <https://commerce.cashnet.com/csusacevent?CNAME=D IETETIC>
 - Personal Statement responding to the CSUS prompts
- You **DO NOT** need to send a cover sheet in the mail

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Our Ranking Process

1. ****If you DO NOT pay the \$50 application fee and provide the documentation uploaded in DICAS as a supplementary document, your application to the CSUS DI WILL NOT be reviewed.****

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Our Ranking Process – cont.

2. Applications are reviewed by the DI Director and scored by at least 2 people
3. People with top scores (approx. 30) will be invited for a 20-min. Zoom interview by ~ March 10
 - **If you do not receive an email inviting you for an interview do not rank CSUS**
4. Zoom interviews mid-end March
5. Ranking submitted to DnD Digital
6. Match announced April 2024

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Additional Slides

- The following slides might be helpful to give you additional suggestions for applying to internships in general

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Some insights about the application

1. Keep the reader in mind
2. Be sure to mention that you attended the Open House
3. Make sure that the reader knows why you want to come here (or to other programs where you are applying)
4. If you aren't applying for another year or two use this time to get experience
5. If you applied in the past be sure to update your DICAS application, including references

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<https://www.inbloom.com/ftd-flowers>

Follow the Directions

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Personal Statement

Your words matter:

'I am more than my mediocre grades'

vs.

'I am much more than my grades'

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Order in the DICAS application for reviewers

- Name, address, personal data, visa information, GRE/TOEFL
- Background info – Legal stuff
- GPA by year – DPD Science/Professional/Total; by college (overall GPA)
- Colleges attended with course names, grades,
- Honors and Awards/Sports and Extracurricular Activities; Certifications, Work Experience; Volunteer Experience; Experience for Academic credit
- Verification Statement

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DICAS Application Order - continued

- Personal Statement
- Letters of Recommendation
- Resume
- Application Certification
- DPD Course list
- Transcripts

AVG – 39.5 pages

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Use the space to describe your duties

Volunteer Experience		
Position Title	Employer	Date
Volunteer Nutrition Assistant	Sacramento County WIC Program	11/2017 - Present
Supervisor Name	Supervisor Title	# Weeks
Sheri Rulon	Nutrition Program Coordinator	12
Supervisor Phone	Supervisor Email	Hrs/Wk
(916) 875-2132	rulons@SacCounty.net	12
Position Type		Total Hours
Paid :	No	144
Volunteer :	Yes	
Academic Credit :	No	
Duties		
<p>I conduct WIC classes. To this date I have taught/co-taught the group fitness and a feeding cues class in both English and Spanish. I lead group discussions as part of the classes. I have designed 5 educational posters 4 of which were distributed to the 4 Sacramento County WIC offices. These interactive posters starting February 2018 will be used to teach the new GA36, good iron sources class. I am responsible for printing, recording, and distributing vouchers in a fast pace environment. I am also in the process of learning intake which requires proficient knowledge of the WIC program and the software WIC MIS. Another one of my tasks as a nutrition assistant is to assist counselors by taking anthropometric measurements (ht/length and wt) of participants. I have taken measurements of premature newborns and infants as young as 4 days old. I am also responsible for using active listening skills to interpret for Spanish speaking participants. In addition, I am also responsible for maintaining a clean and welcoming environment. I maintain efficiently in the office by preparing welcome packets, set up videos for new participants, stamp booklets, and administer new WIC folders to participants.</p>		

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Suggestions for the interview

- Be in a quiet place where you will not be interrupted
- Dress as if you are going for a very important job interview
- Have a few questions that will give you some additional information to help you with your ranking

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How the ranking works with DnD Digital

- You rank the programs to which you have applied in the order you want, not the one you think that you will get in. **DO NOT rank CSUS if you have not gotten an interview.**
- CSUS also ranks the applicants from 1 to whatever number it would consider the applicant will be a successful intern IN OUR PROGRAM.
- DnD Digital does the computer matching. We are only accredited for 10 interns. It is possible that you could be ranked but not matched.

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Some Questions

- RD Exam – Prep
- Are Vaccines Required?
- What if I get Covid during a rotation?

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Applications Feb 15, 2024

DI Only for 2024-25

- Must have Master's degree or completing Master's degree by start of the program
- Must have a DPD Verification Statement by start of program
- Seeking 4 interns
- Other 6 from 2023-25 MS/DI class

MS/DI for 2024-26

- Must have a DPD Verification Statement by start of program
- Complete 6 courses year 1 (18 units); remaining courses and DI year 2 (2025-26) (12 units)
- Seeking 7 MS/DI students

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Note: 2 Application Portals in DICAS

- And DnD Digital Computer Matching
- DI Only
- MS/DI

***Remember, you don't apply to the Sac State Graduate School until AFTER you match to one of our program

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Master of Science in Nutrition & Food



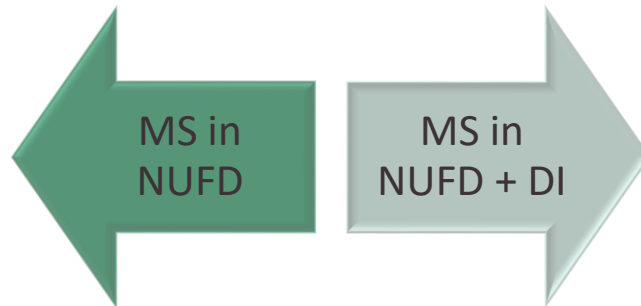
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Mitchal K. Shilts, PhD
Graduate Program Coordinator

shiltsm@csus.edu



Two Program Options



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MS Only Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA
<ul style="list-style-type: none"> Regionally-accredited International* 	<ul style="list-style-type: none"> Nutrition & metabolism Lifecycle nutrition Community Nutrition/Education Food Service Management/Production Statistics/Research Methods 	<ul style="list-style-type: none"> 3.0 last 60 units

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

CALIFORNIA STATE UNIVERSITY
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MS + DI Admission Requirements (minimum)

Bachelor's Degree	Prerequisite courses	GPA	Dietetic Internship
<ul style="list-style-type: none"> Regionally-accredited International* 	<ul style="list-style-type: none"> Nutrition & metabolism Lifecycle nutrition Community Nutrition/Education Food Service Management/Production Statistics/Research Methods 	<ul style="list-style-type: none"> 3.0 last 60 units 	<ul style="list-style-type: none"> Overall DPD GPA 3.0 MNT grade(s) B or higher DPD Verification Statement or Intent to Complete

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

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Program Requirements

Thesis

or

Project

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Application Process & Tips

— CAL STATE —
APPLY

Welcome to The California State University

MS/DI: submit applications to
DICAS; Cal State Apply AFTER
acceptance to the MS/DI

Redefine the Possible™

Cost MS/DI

- Application fees: Cal State Apply – after acceptance, DICAS, DnD Digital
- Tuition and Fees Sac State: 2 years
- Text books for courses
- Other costs: See prior slide for DI specific costs that you will incur during year 2

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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	Professor	Zoom Link
8/23/23	9:00-10:00 am	Dr. Mical Shilts	https://csus.zoom.us/j/86410785638
11/17/23	12:00-1:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82382483840
1/18/24	4:00-5:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82740128646

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Some Information about the MS in Nutrition and Food

The screenshot shows a web browser window with the URL <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/nutrition/masters-nutrition.html#graduate-program-information-sessions>. The page content includes a navigation menu on the left with items like 'Program Description', 'Graduate Program Information Sessions & Advising', 'Admission Requirements', 'Application Procedures', 'MS NUFSD Graduate Student Handbook', 'FAQs', and 'Meet Our Graduate Students'. The main heading is 'Graduate Program Information Sessions & Advising'. Below this, there is a paragraph stating that sessions cover an overview of the program and application tips, and that one-on-one advising will be available at the end of each session. A note asks to contact Dr. Mical Shilts if additional assistance is needed. A table lists three sessions: 8/23/23 (9:00-10:00 am), 11/17/23 (12:00-1:00 pm), and 1/18/24 (4:00-5:00 pm), all led by Dr. Mical Shilts. Below the table are two buttons: 'August 23rd Presentation Slides' and 'August 23rd Info Session Recording'. A red box highlights the text 'January 18 4-5 pm'.

Date	Time	Professor	Zoom Link
8/23/23	9:00-10:00 am	Dr. Mical Shilts	https://csus.zoom.us/j/86410785638
11/17/23	12:00-1:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82382483840
1/18/24	4:00-5:00 pm	Dr. Mical Shilts	https://csus.zoom.us/j/82740128646

January 18 4-5 pm

[August 23rd Presentation Slides](#) [August 23rd Info Session Recording](#)

<https://www.csus.edu/college/social-sciences-interdisciplinary-studies/family-consumer-sciences/nutrition/masters-nutrition.html#graduate-program-information-sessions>

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Applying to MS only

- Submit application through Cal State Apply
- ****Deadline February 1

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Break – 10-10:10 am

10 minutes

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Preceptor Insights

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Insights from Alumni

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Some insights from a few of our 2022-23 Alumni



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Other Alumni Insights



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Insights from our Current Interns



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Q&A Breakout Sessions with Current Interns and Faculty

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Thank You

Contact information

- Nadine Braunstein DI Director:
braunstein@csus.edu

<http://www.csus.edu/facs/dietetic-internship>
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Optional – Personal Statement Review

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