



# Master of Science in Nutrition & Food

## Information Session

*Mical K. Shilts, PhD*  
*Graduate Program Coordinator*



# Introductions

- Dr. Shilts
  - Graduate Coordinator
- Kellie Arita, MPH, RD
  - DI Interim Director
- Dr. Mulasi
  - DPD Director
- 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)

### Bachelor's Degree

- Regionally-accredited
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### Prerequisite courses

- Nutrition & metabolism
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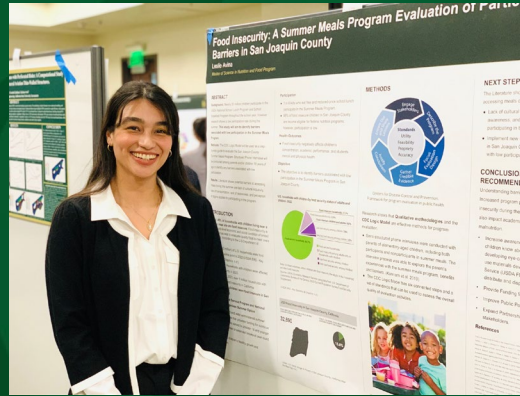
### GPA

- 3.0 last 60 units

### 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>



# 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





# Program Requirements

Thesis

or

Project



# NUFD Faculty Research

- Dr. Braunstein
  - *Health & nutrition policy, food systems, health disparities, complementary & alternative medicine, and chronic disease*
- Dr. Buchan
  - *Carbohydrate on weight regulation, energy expenditures, and disease risk factors*
- 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





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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
<b>Total units</b>			<b>30</b>

\*Full list of electives

<https://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>



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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**



**SACRAMENTO STATE**  
*Redefine the Possible*

<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.



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**Sign In**

**Create an Account**





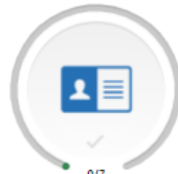
Nutrition and Food

Sacramento State

MS

Fall

Personal Information



0/7

Sections Completed

Academic History



0/3

Sections Completed

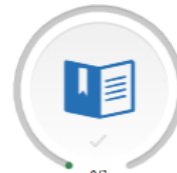
Supporting Information



0/1

Sections Completed

Program Materials



0/1

Sections Completed



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Redefine the Possible



# 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

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

✓ Only apply to one program



# Current Tuition & Fees Per Semester

*Registration Fees per semester, Fall 2024 & Spring 2025*

Units	6 or less	6.1 or more
Tuition Fees	\$2,208.00	\$3,804.00
<u>Mandatory Campus Fees</u>	\$967.00	\$967.00
TOTAL	\$3,175.00	\$4,771.00

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

# Resources



# Program Website

- NUFD Website

— [www.csus.edu/nufd](http://www.csus.edu/nufd)

Department Of  
**Nutrition, Food & Dietetics**  
College Of Social Sciences & Interdisciplinary Studies

Colleges & Majors > Social Sciences & Interdisciplinary Studies > Nutrition, Food & Dietetics

- DPD Concentration Updates
- Sac State research: Strong Regional Support for Locally Sourced Food
- Promotional Video (Credit Academy of Nutrition & Dietetics)

**Department of Nutrition, Food & Dietetics**  
Mission

The Department of Nutrition, Food & Dietetics (NUFD) provides high-quality experiential learning to diverse Sacramento State students so that they become empowered professionals in their community who lead disease prevention, sustainability, food access, and health promotion for individuals, families, and communities.

Our programs offer options for students interested in pursuing nutrition, food, dietetics, or health-related careers.

- BS Degree in Nutrition & Food (NUFD)
- Dietetics Concentration (DPD)
- Minor in Nutrition & Food
- Certificate in Grocery Management
- Dietetic Internship (DI)
- MS Nutrition & Food

**Program Overview**

- Informational Flyer PDF
- Diversity, Equity & Inclusion Statement PDF

**Academic Programs**

- BS Degree in Nutrition & Food
- Didactic Program in Dietetics (DPD)
- Difference Between NUFD and Dietetics PDF
- Dietetic Internship
- Minor in Nutrition
- Certificate in Grocery Management
- MS Degree in Nutrition & Food

**Advising**

- Schedule an Advising Appointment
- Faculty Advisors
- NUFD Peer Mentors

# Application Resources

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

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

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

[www.csus.edu/nufd](http://www.csus.edu/nufd)

# 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
8/29/24	9:00 am	Information Session	<a href="https://csus.zoom.us/j/84308684828">https://csus.zoom.us/j/84308684828</a>
11/8/24	12:00 pm	Information Session	<a href="https://csus.zoom.us/j/82055936007">https://csus.zoom.us/j/82055936007</a>
12/6/24	12:00-1:00 pm	Drop-in Q & A	<a href="https://csus.zoom.us/j/82756790833">https://csus.zoom.us/j/82756790833</a>

[Presentation Slides](#)

[Info Session Recording](#)



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STATE

## 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](mailto:grad_admissions@csus.edu) (Future Students) or [grad\\_degreeservices@csus.edu](mailto: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

<https://www.csus.edu/graduate-studies/>



# Dietetic Internship Open House

- Nov. 4, 2024 12-2pm
- Check the DI website for the recording
  - [www.csus.edu/nufd/dietetic-internship](http://www.csus.edu/nufd/dietetic-internship)
- Kellie Arita
  - Interim DI Director
  - [karita@csus.edu](mailto:karita@csus.edu)
- Dr. Braunstein (sabbatical)
  - DI Director
  - [braunstein@csus.edu](mailto:braunstein@csus.edu)



## Open House Sessions

See below to watch a recording of our January 2023 Open House session and the related presentation slides (both for our DI as well as the MS/DI) utilized during this session. Please reach out if you have additional questions about our program.

[2024 Open House Recording](#)

[2024 DI Open House Slides](#)

[MS/DI Open House Slides](#)

# Didactic Program in Dietetics (DPD)

- Verification statement
- Post baccalaureate option
- 2<sup>nd</sup> Bachelor's degree option
  
- Dr. Mulasi, DPD Director
  - [mulasi@csus.edu](mailto:mulasi@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)

## OPTION 1 (For Sacramento State Nutrition Graduates)

- Minimum overall **GPA 3.0**
- Minimum **C** grades in fundamental sciences (Gen Chem, Gen Bio, Statistics)
- Offered through Sac State's **College of Continuing Education**
- Complete fundamental sciences **before** transferring
- Check **assist.org** for articulation

## OPTION 2 (For Graduates from other programs)

- Minimum overall **GPA 3.0**
- Minimum **C** grades in fundamental sciences (Gen Chem, Gen Bio, Statistics)
- Offered through **Second Bachelor's** degree in Nutrition & Dietetics
- Complete fundamental sciences and certain nutrition courses **before** transferring; check **assist.org** for local course articulations
- Enrollment opens in **Fall** semester only



# NUFD Faculty Advisors

- Wendy Buchan [wbuchan@csus.edu](mailto:wbuchan@csus.edu)
  - Nadine Braunstein [braunstein@csus.edu](mailto:braunstein@csus.edu)
  - Urvashi Mulasi [mulasi@csus.edu](mailto:mulasi@csus.edu)
  - Mical Shilts [shiltsm@csus.edu](mailto:shiltsm@csus.edu)
  - Kelly Thompson [kelly.thompson@csus.edu](mailto:kelly.thompson@csus.edu)
  - Seunghee Wie [wie@csus.edu](mailto:wie@csus.edu)
- 
- Graduate Program Coordinator, Mical Shilts
  - DPD Director, Urvashi Mulasi
  - DI Director, Nadine Braunstein
  - NUFD Department Chair, Seunghee Wie



# Questions

Put in the chat

# Thank you

Mical Shilts  
[shiltsm@csus.edu](mailto:shiltsm@csus.edu)



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*Redefine the Possible*



## Master of Science in Nutrition & Food

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

[www.calstate.edu/apply](http://www.calstate.edu/apply)



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