INTRODUCTION TO THE MAJOR

The Nutritional Sciences major is offered by the Department of Nutritional Sciences and Toxicology and includes three distinct specializations: Toxicology, Physiology & Metabolism, and Dietetics.

Students are knowledgeable in topics like the delivery of nutrients from foods to mammalian cells, the benefits and hazards of chemical agents, cultural and socio-economic determinants of human diets, and nutritional therapy for improvement of human health.

Students engage in NST research on topics like metabolic disease, aging adipose tissue in diabetes, and disease therapy, in addition to research in other departments like Public Health and Molecular and Cell Biology.

Minors are also available in Nutritional Sciences and Toxicology.

MAJOR SPECIALIZATIONS

Dietetics prepares students to be Registered Dietitians (RD). RD's translate the science of nutrition into practical applications for clinical, food service, or community settings.

Physiology & Metabolism educates students on the biology of metabolic regulation, the impact of genetics on dietary constituents, and the interaction among genetics, health, disease, and dietary chemicals.

Toxicology focuses on the effects of toxic agents from industrially produced environmental contaminants and designer drugs, to naturally occurring toxins found in herbs and food products.

“Majoring in Nutritional Sciences: Physiology and Metabolism has allowed me to combine my passion for nutrition while meeting all the requirements for graduate school.”

– Leslie Nunez, Nutritional Sciences: Physiology & Metabolism, Class of 2020

AMPLIFY YOUR MAJOR

- Participate in research through SPUR or URAP.
- Join a student group like the Student Nutrition Advocacy Club, Food Science and Tech at Cal, or the UC Berkeley chapter of Kids in Nutrition.
- Become a Nutrition Outreach Worker with University Health Services.
- Join a pre-health group like the American Medical Student Association, PILLS at UC Berkeley, or ATP at UC Berkeley.

HOW TO USE THIS MAP

Use this map to help plan and guide your experience at UC Berkeley, including academic, co-curricular, and discovery opportunities. Everyone’s Berkeley experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

Visit ue.berkeley.edu/majormaps for the latest version of this major map.
NUTRITIONAL SCIENCES

Design Your Journey

Bachelor of Science

**FIRST YEAR**
- Meet with your college advisor to discuss your academic plans.
- Review major and college requirements. Research the different major specializations and plan classes accordingly.
- Talk to the college's peer advisors about life in the major.

**SECOND YEAR**
- Complete lower division prerequisites and declare your major specialization.
- Keep in mind that current students in the college need a minimum cumulative 2.9 GPA to declare the Dietetics specialization.
- Review college guidelines for study abroad.

**THIRD YEAR**
- Focus on upper division major and college requirements and electives.
- Consider complementing your major with a related minor such as Food Systems or Public Health, or CalTeach which helps prepare students to teach secondary math and science.
- Ask your college advisor about the Rausser College Honors Program.

**FOURTH YEAR**
- Do a degree check to ensure you are on track to graduate.
- Complete any interesting “bucket list” courses and remaining major, college, and campus requirements.

**Explore your major**
- Take advantage of the college’s Student Resource Center.
- Start attending undergraduate events in the college, including the Nutritional Sciences and Toxicology seminar series.
- Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
- Get involved with a student organization.

**Connect and build community**
- Take part in student activities fair and attend the Berkeley Study Abroad.
- Meet current students and alumni at the Rausser College Homecoming Picnic.
- Meet with your college advisor to discuss your academic plans.

**Discover your passions**
- Attend the Calapalooza student activities fair and get involved with a student organization.
- Find service opportunities through the Public Service Center.
- Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
- Contribute to a community organization with an American Cultures Engaged Scholarship Project.

**Engage locally and globally**
- Attend the Calapalooza student activities fair and get involved with a student organization.
- Find service opportunities through the Public Service Center.
- Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
- Contribute to a community organization with an American Cultures Engaged Scholarship Project.

**Reflect and plan your future**
- Visit the Career Center and Career Counseling Library.
- Take advantage of career and pre-health advising for Rausser College students.
- Explore career fields through the Career Connections Series or a winter externship.
- Conduct informational interviews. Discuss graduate school options with advisors.

**WHAT CAN I DO WITH MY MAJOR?**
- Nutritional Sciences offers ideal preparation for medical school and other health careers. Many of the required courses for health professional programs are a part of the curriculum or can be incorporated as upper division electives.
- Graduates from NST go on to medical school or health professional training to become pharmacists, physician assistants, nurses, physical therapists, sports therapists, and nutritionists. Others will continue their research as a lab or research technician in either the private or public sector, or work with offices of public health or in food science for nonprofit organizations or commercial industry.
- Jobs and Employers
  - Food Safety Auditor, Underwriters Labs
  - Food Scientist, Smitten Ice Cream
  - Lab Technician, UCSF
  - Life Science Consultant, Simon-Kucher Nutritionist, Healthy Living
  - Research Assoc., Genentech
  - Technical Support Spec., Carbon 3D
  - Pharmacy Tech., Walgreens

**Graduate Programs**
- Biochemistry, Masters
- Biological Sciences, PhD
- Dentistry, DDS
- Medicine, MD
- Organic Chemistry, PhD
- Optometry, OD
- Pharmacy, PharmD
- Public Health, Masters

Examples gathered from the First Destination Survey of recent Berkeley graduates.

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