



Photo credit: Natalea Schager

CONNECT WITH US

Cal Day

Come to UC Berkeley's annual **Open House** in April for information sessions, campus tours, special talks, and more.

Golden Bear Orientation

Join your peers in the campus-wide UC Berkeley **orientation** program for all new students.

Events

Attend department events with students, faculty, and staff. Visit nature.berkeley.edu for other college news and updates.

ADVISING

The Undergraduate Advisors for all Rausser College majors are located in the Office of Instruction and Student Affairs in 260 Mulford Hall.

Visit nature.berkeley.edu/advising/meet-rausser-advisors for detailed office hours and appointment booking links. You may email general advising questions to nst.ugrad@berkeley.edu.

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.

Berkeley

Rausser College of Natural Resources
260 Mulford Hall
Berkeley, CA 94720-3100
nature.berkeley.edu

NUTRITIONAL SCIENCES

Bachelor of Science

Berkeley
UNIVERSITY OF CALIFORNIA

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**.



Photo credit: Julie Gipple

“*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

MAJOR SPECIALIZATIONS

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.

Dietetics is transitioning to a graduate program to meet new professional standards for the Registered Dietitian Nutritionist (RDN) licensure. Please contact nst.ugrad@berkeley.edu with questions.

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**.

NUTRITIONAL SCIENCES

Bachelor of Science

DESIGN YOUR JOURNEY



	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR	WHAT CAN I DO WITH MY MAJOR?
Explore your major	<p>Meet with your college advisor to discuss your academic plans.</p> <p>Review major and college requirements. Research the different major specializations and plan classes accordingly.</p> <p>Talk to the college's peer advisors about life in the major.</p>	<p>Complete lower division prerequisites and declare your major specialization.</p> <p>Keep in mind that current students in the college need a minimum cumulative 2.9 GPA to declare the Dietetics specialization.</p> <p>Review college guidelines for study abroad.</p>	<p>Focus on upper division major and college requirements and electives.</p> <p>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.</p> <p>Ask your college advisor about the Rausser College Honors Program.</p>	<p>Do a degree check to ensure you are on track to graduate.</p> <p>Complete any interesting “bucket list” courses and remaining major, college, and campus requirements.</p>	<p>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.</p> <p>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.</p>
Connect and build community	<p>Take advantage of the college's Student Resource Center.</p> <p>Join a student group like the Student Nutrition Advocacy Club, or NutrigenomX.</p> <p>Get 1:1 mentoring from graduate students with Berkeley Connect.</p>	<p>Start attending undergraduate events in the college, including the Nutritional Sciences and Toxicology seminar series.</p> <p>Get to know professors and faculty during their office hours.</p> <p>Check out FEED Berkeley or the resources provided by CalFresh.</p>	<p>Help other students as a Rausser College Peer Advisor.</p> <p>Become a Golden Bear Orientation Leader and welcome new students to UC Berkeley.</p> <p>Seek mentorship from your professors, faculty, and graduate student instructors.</p> <p>Connect with NST alumni through the Rausser College Alumni Association.</p>	<p>Join a professional association such as the American Society for Nutrition.</p> <p>Connect with alumni groups and build your network as you prepare to graduate.</p>	
Discover your passions	<p>Discover new interests in a Freshman Seminar or DeCal course like PMB 198: Fruits of the World or CHEM 98: The Chemistry of Consumer Products.</p> <p>Visit the Office of Undergraduate Research and Scholarships.</p> <p>Learn about research opportunities for Rausser College students.</p> <p>Listen to UC Berkeley's “Just Food” podcast.</p>	<p>Enroll in a Sophomore Seminar, Big Ideas Course or Discovery Course.</p> <p>Assist faculty in their research through URAP.</p> <p>Check out research by your peers at a college poster session or Honors Symposium.</p> <p>Participate in NST or off-campus research at places like UCSF or Benioff Children's Hospital.</p>	<p>Apply for a Rausser College Travel Grant to fund travel for academic conferences or research.</p> <p>Find research and funding opportunities in the OURS database, SPUR, or URAP.</p> <p>Become a Nutrition Outreach Worker with UHS or a Sports Medicine Intern with Cal Athletics.</p> <p>Learn about the intersection of food and youth education through Edible Schoolyard.</p>	<p>Teach your own DeCal course.</p> <p>Present your research at a college poster session or submit it to the Berkeley Scientific Journal.</p> <p>Keep pursuing your interests through a fellowship or independent study after graduation.</p>	
Engage locally and globally	<p>Attend the Calapalooza student activities fair and get involved with a student organization.</p> <p>Find service opportunities through the Public Service Center.</p> <p>Explore study, internship, and research abroad options with Berkeley Study Abroad.</p>	<p>Contribute to a community organization with an American Cultures Engaged Scholarship course.</p> <p>Experience life at another UC or college on a visitor and exchange program.</p> <p>Check out study abroad programs like Sustainable Food Systems in the Mediterranean or those focused on biology or community health.</p>	<p>Get involved at UC Berkeley's Basic Needs Center or volunteer at a campus garden.</p> <p>Volunteer at a local hospital or clinic like Alta Bates, UCSF, or the Berkeley Free Clinic.</p> <p>Apply your skills in projects for the Student Food Collective or the Green Initiative Fund.</p>	<p>Explore service opportunities after graduation, such as Peace Corps, Teach for America, or U.S. Department of State.</p> <p>Attend a conference such as the Clinton Global Initiative: University Conference. Look into travel grants from the college and ASUC.</p>	<p>Jobs and Employers</p> <p>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</p>
Reflect and plan your future	<p>Visit Berkeley Career Engagement and the Career Counseling Library.</p> <p>Sign up for Handshake, CareerMail, and BFI's Student Opportunities newsletter.</p> <p>Check out the Nutritional Sciences Career Snapshot.</p>	<p>Take advantage of career and pre-health advising for Rausser College students.</p> <p>Explore career fields through the Career Connections Series or a winter externship.</p> <p>Learn about graduate and professional school.</p> <p>Think about doing an internship and attend an internship fair.</p>	<p>Conduct informational interviews.</p> <p>Discuss graduate school options with advisors.</p> <p>Update your resume and LinkedIn.</p> <p>Attend career and graduate school fairs and events like “Career Connections for Health Professionals.”</p>	<p>Utilize job board tools in your job search.</p> <p>Ask professors and graduate student instructors for recommendation letters.</p> <p>Attend Employer Info Sessions and On-Campus Recruiting.</p> <p>Apply to jobs, graduate school, and other opportunities.</p>	<p>Graduate Programs</p> <p>Biochemistry, Masters Biological Sciences, PhD Dentistry, DDS Medicine, MD Organic Chemistry, PhD Optometry, OD Pharmacy, PharmD Public Health, Masters</p> <p>Examples gathered from the First Destination Survey of recent Berkeley graduates.</p>