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

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

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.

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.

“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
### Nutritional Sciences

**Bachelor of Science**

**Explore your major**
- 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.

**Connect and build community**
- Take advantage of the college’s Student Resource Center. Join a student group like the Student Nutrition Advocacy Club or NutrigenomX.
- Get involved mentoring from graduate students with Berkeley Connect.

**Discover your passions**
- Enroll in a Freshman Seminar or DeCal course like PMB 196. Fruits of the World or CHEM 98. The Chemistry of Consumer Products.
- Visit the Office of Undergraduate Research and Scholarships.
- Learn about research opportunities for Rausser College students.
- Listen to UC Berkeley’s "Just Food" podcast.

**Engage locally and globally**
- Attend the Calapooia student activities fair and get involved with a student organization.
- Find service opportunities through the Public Service Center.
- Explore study, internship, and research abroad options with Berkeley Study Abroad.

**Reflect and plan your future**
- Visit the Career Center and Career Counseling Library.
- Sign up for Handshake, CareerFair, and BFI’s Student Opportunities newsletter.
- Check out the Nutritional Sciences Career Snapshot.

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**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 CaTeach 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.

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**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
- Nutrionist, Healthy Living Lab
- Lab Technician, UCSF
- Food Scientist, Smitten Ice Cream
- Food Safety Auditor, Underwriters Labs

**Graduate Programs**

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

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