Bachelor of Science

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.

‘‘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

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

Bachelor of Science

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.