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.

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 vcue.berkeley.edu/majormaps for the latest version of this major map.
## NUTRITIONAL SCIENCES DESIGN YOUR JOURNEY

**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 1:1 mentoring from graduate students with Berkeley Connect.
- Meet current students and alumni at the Raasuer College Homecoming Picnic.

### Discover your passions

- Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
  - Assist faculty and graduate students in their research through URAP or SMART.
  - Check out research by your peers at a college poster session or Honors Symposium.
- Participate in NST or off-campus research at places like UCSC or Bencho Children's Hospital.

### 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.
  - Explore study, internship, and research abroad options with Berkeley Study Abroad.
- Contribute to a community organization with an American Cultures Engaged Scholarship program.
  - Experience life at another UC or college on a visitor and exchange program.
- Get involved at UC Berkeley's Basic Needs Center or volunteer at a campus garden.
  - Volunteer at a local hospital or clinic like Alta Bates, UCSF, or the Berkeley Free Clinic.
- Attend a conference such as the Clinton Global Initiative: University Conference. Look into travel grants from the college and ASUC.

### Reflect and plan your future

- Visit the Career Center and Career Counseling Library.
  - Sign up for Handshake, CareerMail, and BFF’s Student Opportunities newsletter.
  - Check out the Dietsetics, Toxicology, and Physiology and Metabolism Career Snapshots.
- Take advantage of career and pre-health advising for Raasuer College students.
  - Explore career fields through the Career Connections Series or a winter externship.
  - Learn about graduate and professional school.
- Think about doing an Internship and attend an internship fair.

### 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, 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 Career Destinations Survey of recent Berkeley graduates.