



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



Updated: 06.04.24