Berkeley Rausser
College of Natural Resources

# Nutritional Sciences Minor

The Nutritional Sciences Minor program is available to any current UC Berkeley student in good academic standing. The course work for the minor addresses topics in Human Nutrition and Nutrient Function & Metabolism. Elective options range from Metabolic Regulation to Medical Nutrition Therapy and Nutrition in the Community. The minor is best suited for students already pursuing a bioscience degree as a background in chemistry, organic chemistry, biology and biochemistry is necessary to be prepared to do upper division work in this field. Students should apply for the minor prior to their last semester at UC Berkeley by completing the Minor Declaration Form and sending it to nst.ugrad@berkeley.edu. For more information, please contact the minor advisor.

The deadline to apply for the minor is the Friday of RRR week during the semester *before* your graduating semester/Expected Graduation Term (EGT).

**Completing the Nutritional Sciences Minor Program:**

- Students must complete at least five courses from the pre-determined list below. Three of the courses are the core courses listed below; the remaining coursework will include at least two additional upper division NST classes which total at least 5 units between them as electives.
- Only one course used toward the student's major may be used toward the NST minor
- Only one course used toward the minor electives can be NST 199/NST H196 (research units)
- All courses must be taken for a letter grade unless the only grading option is Pass /No Pass, and a minimum GPA of 2.5 must be obtained in the courses taken for the minor. Students must receive a C- or higher in the minor courses
- All upper division courses must be taken at UC Berkeley.
- Students must complete all prerequisite requirements before enrolling in upper division NST courses. For specific prerequisite requirements for each course, click here.
- In order to declare, students must have all of the following requirements:
    - 2 minor core or elective courses passed with a C- or higher
    - 60+ units completed
    - 5+ terms in attendance
    - A 2.5 minimum GPA

| **Minor Core Courses:** *Students must complete all of the following courses* |
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| ☐ NST 10: Introduction to Human Nutrition (Fa, Su, 3 units) or NST 10S: Introduction to Human Nutrition: Managing Life (Sp, 3 units) |
| ☐ NST 103: Nutrient Function and Metabolism (Fa, 4 units) |
| ☐ NST 160: Human Nutrition: Normal Physiology and Pathophysiology of Disease (Sp, 4 units) |

| **Upper Division NST Elective Courses:** *Complete 2 or more from the following list (at least 5 units):* | |
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| ☐ NST 104: Food, Culture, and the Environment (Sp, 2 units) or NST W104 Food, Culture, and the Environment AC (Su, 3 | ☐ NST 166: Nutrition in the Community (Sp, 3 units) |

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| units) | |
| ☐ NST 108A: Introduction and Application of Food Science (Fa, 3 units) | ☐ NST 190: Introduction to Research in Nutritional Sciences (Fa, Sp, 1 unit) |
| ☐ NST 120: Eating Behavior and Disordered Eating (2 units)(Fa) | ☐ NST H196: Honors Research (Sp, Su, Fa, 4 units) (**Only available for students in RCNR**) |
| ☐ NST C130: Cell Biology: From Discovery to Disease (4 units) (Sp) | ☐ NST 199/NST 199S Supervised Independent Study and Research (Sp, Su, Fa, 1-4 units) |
| ☐ NST 105: Mediterranean Nutrition and Food System (Su abroad, 3 units) | |

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| **Upper Division NST Elective Courses NO LONGER OFFERED** | |
|---|---|
| ☐ NST 110: Toxicology (Fa, 4 units) (*offered last in Fall 2022*) | ☐ NST C159/ESPM C159: Human Diet *(unsure when this will be offered again)* |
| ☐ NST C114/ESPM C148: Pesticide Chemistry and Toxicology *(unsure when this will be offered again)* | ☐ NST 161A: Medical Nutrition Therapy (Fa, 4 units) (*offered last in Fall 2022*) |
| ☐ NST 115: Principles of Drug Action (Sp, 2 units) (*offered last in Spring 2022*) | ☐ NST C114/ESPM C148: Pesticide Chemistry and Toxicology *(unsure when this will be offered again)* |
| ☐ NST 121: Computational Toxicology (Sp, 3 units) (*offered last in Spring 2023*) | ☐ NST 110: Toxicology (Fa, 4 units) (*offered last in Fall 2022*) |
| | ☐ NST 193: Introduction to Research in Toxicology (Sp, 1 unit) (*offered last in Spring 2022*) |

***Note:*** *Completion of the NST minor will only be noted in the memorandum section of the student's UC Berkeley transcript and NOT on their UC Berkeley diploma.*