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 the semester they intend to graduate before their degree at UC Berkeley has posted by completing the Minor Completion Form. For more information, please contact the current major advisor (information can be found at nature.berkeley.edu/advising/meet-cnr-advisors).

Completing the Nutritional Sciences Minor Program:

- Students must complete five courses and complete 15 NST units from the pre-determined list below.
- Only one course used toward the student’s major may be used toward the NST minor.
- 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, visit guide.berkeley.edu.

Prerequisite Courses: Chem 1A, Chem 3A, Chem 3B, and Bio 1A (Note: Bio 1A at Berkeley requires the lab)

Minor Core Courses: Students must complete all of the following courses:

- NST 10 (3) Introduction to Human Nutrition (F, SP, SU)
- NST 103 (3) Nutrient Function and Metabolism (F)
- NST 160 (4) Human Nutrition: Normal Physiology and Pathophysiology of Disease (SP)

Upper Division NST Elective Courses: Complete 2 or more from the following list:

- NST 104 (2) Food, Culture, and the Environment
- NST 108A (3) Introduction and Application of Food Science
- NST 110 (4) Toxicology
- NST C114/ESPM C148 (3) Pesticide Chemistry and Toxicology
- NST 115 (2) Principles of Drug Action
- NST 121 (3) Computational Toxicology
- NST C159/ESPM C159 (4) Human Diet
- NST 161A (4) Medical Nutrition Therapy
- NST 166 (3) Nutrition in the Community
- NST 190 (1) Introduction to Research in Nutritional Sciences
- NST 193 (1) Introduction to Research in Toxicology
- NST H196 (4) Honors Research (Only available for students in CNR)
- NST 199 (1-4) Supervised Independent Study and Research

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.