

Nutritional Sciences

MSc, PhD



The Department of Nutritional Sciences positions itself as a leader in its field by leveraging the resources of the Temerty Faculty of Medicine and its strong affiliation with the Dalla Lana School of Public Health at the University of Toronto. This provides our graduate students with unparalleled access to the highest concentration of university-affiliated hospitals, clinicians, and health researchers in North America. In fact, Toronto is home to the largest research and development (R & D) hub in Canada and the second largest food cluster in North America.

The department offers both MSc and PhD degree programs. Our graduate students work on the front lines of research with internationally recognized professors on competitive, peer-reviewed research projects. They present their research at international conferences and publish their work in high-impact journals and are frequently awarded prestigious scholarships.



Master of Science (MSc)

In addition to completing a thesis, students must present annually for two years to complete 1.0 FCE*: NFS1204Y (Master Seminars in Nutritional Sciences, 1.0 FCE) and two 0.5 FCE electives. Students successfully finish this program in 2 years.



Doctor of Philosophy (PhD)

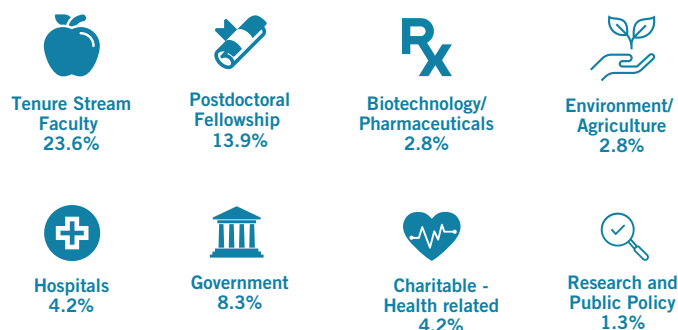
In addition to conducting independent and original research that will form their thesis, students must present annually for 4 years to complete 1.0 FCE: NFS1304Y (Doctoral Seminars in Nutritional Sciences). They must also complete and four 0.5 FCE electives. Typically, students successfully complete this program within 4 years.

* Full course equivalent. A typical 0.5 FCE is over one term (13 weeks), meeting 1-2 times per week. A typical 1.0 FCE is over two terms (26 weeks), meeting 1 – 2 times per week.



Potential career paths

In 2016, the School of Graduate Studies (SGS) tracked the career outcomes of 10,000 PhD students who graduated from the University of Toronto between 2000 to 2015. Below are some career trajectories of alumni from the PhD program in Nutritional Sciences (n = 72).



Application Deadlines

Below are the deadlines to apply to the MSc and PhD programs.

| ADMISSIONS CYCLE | DOMESTIC | INTERNATIONAL |
|--------------------|------------------|------------------|
| Winter 2024 | October 15, 2023 | October 15, 2023 |
| Fall 2024, Round 1 | January 15, 2024 | January 1, 2024 |
| Fall 2024, Round 2 | January 15, 2024 | June 15, 2024 |

By the numbers



Contact

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Alumni profile

Zhila Semnani-Azad, PhD Graduated 2021



During my time at the University of Toronto, I was lucky to be exposed to many areas of research throughout my undergraduate career and graduate training in the Department of Nutritional Sciences. These experiences helped me identify my passion in pursuing further training in cardiometabolic disease epidemiology and taught me that a career in research can allow me to express my unique creativity. I had great mentors and collaborators who provided me with invaluable opportunities to learn and explore the field and to develop critical and transferable skills.

I also had several opportunities to teach courses while at U of T, which showed me the importance of not only knowing the research, literature, and course material, but being able to teach to the next generation of future scientists. Meeting experts and early-career scientists through seminars and conferences during my training provided me with the motivation to pursue a career as a research scientist where I can contribute to an ever-evolving field.

My advice to prospective students is to be open to new experiences and opportunities and to never let pre-existing notions of what you would or would not be interested in, or self-doubt, limit you from exploring. Also, never underestimate the importance of networking and mentorship. The best way to learn and to broaden your horizons is to talk to as many people as you can!