Master of Science in Foods & Nutrition
Expanding knowledge and leadership in nutrition and dietetics
Challenge Yourself

As a student in Brescia’s MSc in Foods and Nutrition program, you will have the skills to be a leader in your field upon graduation. Internship Stream students will complete an accredited internship program, gaining real-world experience. Both Thesis and Internship Stream students will participate in graduate-level university courses and expand research skills through a thesis or a major research project. Seminar-style classes will give you the opportunity to find your own voice and flourish in a team-based environment. And you will be inspired by faculty members who are experts in their field and who will encourage critical thinking.

Give us 20 months and we will empower you to choose to lead.

MScFN courses for both Internship and Thesis Streams:

1st Term (September-December):
- Current Issues and Controversies in Foods and Nutrition
- Research Methods and Statistics
- Contemporary Issues in Foodservice Administration (Internship Stream only)
- Nutritional Epidemiology (elective for Internship Stream, mandatory for Thesis Stream)

2nd Term (January-April):
- Special Topics in Leadership and Management
- Advances in Clinical Nutrition (Internship Stream only)
- Community Nutrition and Education (Internship Stream only)
- Program Planning and Evaluation (Thesis Stream only)
- Research and Thesis Planning (Thesis Stream only)

Terms 3-5 (May-April):
- Internship in Foods and Nutrition (Internship Stream only)
- Thesis in Foods and Nutrition (Thesis Stream only)
Angela Bouwmeester, MScFN, RD
MScFN (Internship Stream), Class of 2011

“I chose the MScFN program as I was looking for the challenging experience of extended education from the theory and research component while also gaining practical experience in the field during internship. This program provided me with the opportunity to guide my own internship and research experiences to accomplish my personal career goals. The skills I acquired during my MScFN have led me to two very different and rewarding positions in the field of dietetics. I work part-time at a Nurse Practitioner-Led Clinic where my work is primarily community based and part-time in home care working with a clinical focus.”
Jennifer Broxterman, MScFN, RD
MScFN (Thesis Stream), Class of 2012
CEO of NutritionRx
Foods and Nutrition Instructor, Brescia University College

“Pursuing a Master’s degree in Foods and Nutrition has opened up the doors to my dream job as a Registered Dietitian in private practice and as a part-time university instructor. Without the research and teaching experience I gained as a thesis graduate student, I would not have had this amazing opportunity.”
Adriana Cimo
BASc, Ryerson University, 2011
MScFN (Internship Stream) candidate 2013

“I chose to pursue the Master of Science in Food and Nutrition at Brescia because of the warm welcome I received from the faculty, and the ability to focus on both Dietetics and Food Science research. I am now on my way to becoming a Registered Dietitian, while working with Dr. Hekmat to develop a ginseng-fortified probiotic yogurt that may play a role in cardiovascular health.”
Colleen Gobert, PhD, RD

“My research projects include assessing fruit and vegetable intake among elementary students in a local neighbourhood, surveying assessment tools used by Registered Dietitians in nutritional screening and assessment of acute stroke patients, exploring factors within the built environment that influence children’s eating practices, and investigating the use of community gardens by immigrant populations.”

Empowering Mentors
Sharareh Hekmat, PhD

“My research involves the development of functional foods that are nutritious and have specific health benefits. Currently, I am the principal investigator of two projects, which involve the incorporation of ginseng and stevioside in probiotic yogurt and investigating the growth and survival of Lactobacillus rhamnosus GR-1 and sensory properties of probiotic yogurt. My colleagues and I have manufactured probiotic yogurt fortified with ginseng and are examining its effects on vascular health in mice. I am also continuing my work with Western Heads East project in Africa as the project is expanding to different countries, empowering local women to produce and sell probiotic yogurt in their communities.”
Our student-centred communities combine academic excellence with extraordinary chances to lead. As a MScFN student, you will be registered in the School of Graduate and Postdoctoral Studies at Western University, with world-class interdisciplinary resources. You will take all of your classes at Brescia University College, an intimate campus with small classes and caring professors.

Discover Brescia & Western
**Explore London**

London, known as the Forest City, is an ideal place to study and reflect. It is affordable, safe, friendly, and accessible. It has beautiful parks and hiking paths for the times when you need to take a break from your studies. And it has everything you need from fantastic dining options to a wide range of cultural activities, sporting events, and shopping opportunities. The city is large enough to offer you everything you need but also small enough to be friendly and inviting. London is located two hours west of Toronto.
MScFN Thesis Stream

The Thesis Stream is for Registered Dietitians who would like to pursue a Master’s degree.

Thesis Stream students are given the opportunity to conduct practice-based research and involve their current employers in their thesis research.

Thesis students are matched to a MScFN faculty member based on their research interests and the availability of the faculty.

Faculty members share their expertise and guide students through the stages of research.

Courses focus on:
- Advanced practice
- Increasing research capabilities
- Program planning and evaluation
- Leadership and management

Apply online: [www.brescia.uwo.ca](http://www.brescia.uwo.ca) under “Academics”

* A list of Dietitians of Canada accredited programs can be found on their web site at: [www.dietitians.ca](http://www.dietitians.ca)

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**Admission Requirements:**
- Honors BSc in Foods and Nutrition from a Canadian undergraduate program accredited by Dietitians of Canada (or an equivalent accredited nutrition degree)
- 1.0 undergraduate course in research methodology and statistics
- Minimum undergraduate GPA of 78%
- Registered Dietitian status in your home country
Elisa Wilson, MScFN, RD, 
MScFN (Thesis Stream), Class of 2010 
Current place of employment: 
Ministry of Health and Long-Term Care as a Long-Term Care homes inspector

“Going back to Brescia for the MScFN program was one of the best decisions I have ever made. The professors were all passionate and led the classes in compelling and thought-provoking discussions. It was such a great experience to be in a classroom with professional dietitians from different specialities along with students coming from their undergraduate programs. The expert advice and coaching from the professors enabled me to publish two manuscripts in a peer-reviewed journal and I have been asked to speak at a number of national conferences regarding my thesis research ‘Going Green in Healthcare Foodservices’. The entire experience was rewarding and I would recommend this program to all dietitians – no matter the year on your undergraduate degree!”

Thesis Stream graduates become leaders in the nutrition and dietetic profession. They develop an understanding of research methodologies and an ability to critically evaluate research results.
Unlock Mysteries

**MScFN Internship Stream**
The Internship Stream is for students who would like to become Registered Dietitians.

**Admission Requirements**

- Honors BSc in Foods and Nutrition from a Canadian university program accredited by Dietitians of Canada (or an equivalent undergraduate accredited nutrition degree)
- 1.0 undergraduate course in research methodology and statistics
- Minimum undergraduate GPA of 78%
- Relevant volunteer and work experience

* A list of Dietitians of Canada accredited undergraduate programs can be found on their website at: www.dietitians.ca

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**Melodie Tomas**, MScFN, RD
MScFN (Internship Stream), Class of 2011
Current place of employment: Belleville, Ontario
Belleville Nurse Practitioner-Led Clinic

“I chose the MScFN program for the opportunity to conduct my own research project with the guidance and expertise of the faculty. I was able to explore the science behind thickening agents for beverages and how they impact the quality and service of thickened fluids to individuals with swallowing difficulties. During my internship, I gained a wealth of experience ranging from diabetes counselling to drafting research results surrounding consumer eating habits. What I learned during my course work, research, and training as part of the MScFN program remains invaluable as I provide nutritional counselling to a diverse population in primary healthcare every day.”
Ryan Stallard, BScFN, RD
The University of Western Ontario
Class of 2011
Dynamic Internships

As a Master’s student in the Internship Stream, you will enjoy exciting placements in clinical nutrition, foodservice administration, and community organizations throughout London, southwestern Ontario, and beyond. Students complete placements in organizations such as hospitals, public health units, community health centres, long-term care facilities, food industry, and marketing boards. You will acquire Dietitians of Canada competencies and prepare for the Canadian Dietetic Registration Exam to become a Registered Dietitian. You will benefit from an individualized approach to internship and career planning, supported by two full-time co-ordinators.

Grow Professionally

Erin McDougall, MScFN (Internship Stream), RD, Class of 2010
Internship Placement: West Elgin Community Health Centre, West Lorne, Ontario
Christina Dupont, MScFN (Internship Stream), RD, Class of 2010
Internship Placement: Windsor Regional Cancer Centre, Windsor, Ontario

Carmen Kwok, MScFN (Internship Stream) candidate 2013
Internship Placement: Huron County Health Unit, Clinton, Ontario

Erin Harlton, MScFN (Internship Stream), RD, Class of 2012
Internship Placement: Perth District Health Unit, Stratford, Ontario

Joanne Wammes, MScFN (Internship Stream), RD, Class of 2010
Internship Placement: London InterCommunity Health Centre, London, Ontario

Christina Dupont, MScFN (Internship Stream), RD, Class of 2010
Internship Placement: Windsor Regional Cancer Centre, Windsor, Ontario
MScFN graduates have been well prepared for their careers as Registered Dietitians. Many of our graduates receive employment offers before they have even finished the program. MScFN graduates work as dietitians in diverse roles in areas such as foodservice, clinical and community. They also work in sports nutrition, as diabetes educators, as research co-ordinators, managers, college and university instructors, nutrition policy analysts, and private practice entrepreneurs.

Be supported in your internship and research initiatives

Internship Co-ordinator, Kayla Glynn, MHSc, RD has a collaborative approach to building the MScFN internship, launched in 2007. Her expansive network of dietetic colleagues comes from her broad-based background, including national and international work experience and leadership roles in the food industry and community/public health. Kayla is involved in research on dietetic education and continues to teach part-time in Brescia’s undergraduate program. Her experience as an internship accreditation surveyor for Dietitians of Canada and as the graduate program representative on the national Partnership for Dietetic Education and Practice, ensures that our students receive a leading-edge, high quality internship program.

The Graduate Program Co-ordinator, Erin Moody, BA, MPA candidate, handles admissions to the MScFN program (both Thesis and Internship Streams) and co-ordinates the student’s progression through the MScFN program. She looks after student inquiries and ensures students are given the proper direction to quickly resolve any concerns. Erin’s public administration background including her experience with the Ontario government ensures students receive professional, organized, and succinct guidance and direction throughout the program. Students benefit from the team-based approach Kayla and Erin use to co-ordinate both streams of the MScFN program.
**Dr. Alicia C. Garcia, PhD, RD, CFE**
Director of Graduate Program in Foods and Nutrition
Chair, Division of Food and Nutritional Sciences
My research interests focus mainly on eating behaviours of different population groups and evaluation of community nutrition and educational programs. Currently, my specific areas of research include:
- Use of photovoice in nutrition and dietetic research
- Eating behaviours of different cultural groups, elderly immigrants, children, and university students
- Evaluation of school meals, beverage consumption, and other community nutrition programs
- Peer education in nutrition for students; use of food guides in nutrition education
- Sociological aspects of eating behaviors of immigrant populations

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**Dr. Danielle Battram, PhD**
My overall research interests encompass the promotion of healthy eating in a variety of populations. My recent research projects include:
- School-based obesity prevention for children and their families
- Caffeine and coffee’s role in blood glucose management
- Sweetened beverage and caffeine consumption in children and adolescents
- Diet quality interventions and the role they play in chronic disease prevention

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**Dr. Latifeh Ahmadi, PhD**
My research interests include the relationship between modified fats and oils, and their physiological effects on human body health and replacing natural ingredients as preservatives or flavor agents in food products as well as reducing the use of synthetic additives.

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**Dr. Paula Dworatzek, PhD, RD**
I have three main areas of focus in my research, but the common element of all of them is an interest in chronic disease prevention, primarily obesity and diabetes, through multi-strategy community and population health interventions. I recently acquired a CIHR grant (2012-2014) for our LUNCHES study to investigate packed lunch contents and intake of elementary students in the balanced school day versus the traditional schedule. I am also working on a multi-strategy peer nutrition education program for university students and several diabetes-related projects.
Learn from our Research Experts

**Dr. Colleen Gobert, PhD, RD**
I have a variety of research interests related to clinical nutrition and the impact of nutrition on health. Recent research projects include:
- Assessment of nutritional status after stroke
- Assessment of fruit and vegetable intake among elementary students
- Exploring factors that influence children’s eating practices
- Looking at the use of community gardens by immigrant populations

**Dr. Sharareh Hekmat, PhD**
In collaboration with scientists at the Canadian Research and Development Centre for Probiotics at Lawson Health Research Institute, we have developed a probiotic yogurt containing microorganisms effective in treating and preventing urogenital infections in women.

I am interested in further developing dairy products containing probiotics, a living bacteria that can be beneficial to human health by helping to treat and prevent infections.

**Dr. Janet Madill, PhD, RD**
Weight management for lung transplant patients is a key research area for me. Others include:
- Oxidative stress in liver and lung transplant patients
- Exploration of nutrigenomics in transplantation
- Alternative strategies for weight management in organ donors
- Role of photovoice in the management of transplant and healthy patients
Dr. Jasna Twynstra, PhD
My research focuses on vascular control of nutrient delivery and the effects of diet and lifestyle on vascular health, with a focus on vasomotor control. Specifically, I am interested in:
• Control of blood flow and nutrient delivery to peripheral nerves and skeletal muscle
• The use of ultrasound and microvascular techniques to visualize and quantify blood flow delivery
• The effects of lifestyle on the control mechanisms of nutrient delivery

Dr. June Matthews, PhD, PHEc, RD
My research interests focus on various aspects of community nutrition including:
• The relationship among policies of agriculture, food, and nutrition
• Food systems and food skill development
• Community gardening and urban agriculture
• Social determinants of health
• Peer nutrition education
• Student engagement and leadership

Dr. Leonard Piché, PhD, RD
I am interested in the effects of various dietary components, for example, omega 3 fatty acids on blood fat/lipids such as total- & LDL-cholesterol and triglycerides. Other research interests include:
• The development of online local and functional foods databases
• The nutrient intake of older Canadians
• Food labelling

We also have a number of part-time faculty who are expert practitioners in their fields such as leadership, clinical nutrition, foodservice management, and nutritional epidemiology.
For more information please contact:

Division of Food and Nutritional Sciences
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