

# **Master of Science in Human Nutrition and Dietetics at McGill University, Montreal, Quebec, Canada**

## **Project: 446**

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Since my graduation with a BSc in Dietetics and Nutrition, I have always showed interest for research and wanted to take a MSc degree still unavailable in Switzerland. I am convinced that research in nutrition will take an increasingly central part and as a dietitian I have a crucial role to play. Thanks to the generous support of the SFEFS and the University Hospital in Lausanne (CHUV) I was able to undertake a MSc in Human Nutrition and Dietetics at McGill University, Montreal, QC, Canada.

McGill University is considered to be one of the most prestigious universities and is especially well known for the clinical, pre-clinical, and health programs as evidenced by its 18th place ranking worldwide<sup>1</sup>. It is also one of the most active and leading institutions in research excellence with a strong focus on interdisciplinary work. The university collaborates closely with 4 affiliate teaching hospitals and the McGill Nutrition and Performance Laboratory<sup>2</sup> (MNUPAL), a specialized clinical research facility whose purpose is to conduct studies designed to assess and evaluate patients with advanced chronic diseases. This particular setting makes it the ideal place to learn state-of-the-art research methodology in nutritional and functional assessment. The School of Dietetics and Human Nutrition is the oldest teaching and research institution in Human Nutrition in Canada<sup>3</sup>. The broad range of academic disciplines in the area of nutrition research makes for a dynamic setting for advanced learning in nutrition.

As a full-time graduate student, I was required to complete 14 credits of advanced level coursework and seminars in nutrition and research methodology plus 31 credits related to the thesis research. By attending the weekly Colloquium of the School of Dietetics and Human Nutrition, I was exposed to oral presentations from master and doctoral candidates presenting thesis proposals and defenses or guest speakers' conferences. I also had the opportunity to attend congresses to become more aware of the requirements for high quality research presentations and posters and to be exposed to other cognate disciplines and how their work is related to human nutrition.

For all the points mentioned above, I am convinced that studying at McGill University and performing research at MNUPAL will enable me to learn the necessary skills, knowledge, and attitude to embark upon a successful career in nutrition research.

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<sup>1</sup> 2013-2014 Times Higher Education World University Ranking in Clinical, Pre-clinical, and Health

<http://www.mcgill.ca>

<sup>2</sup> <http://mnupal.mcgill.ca>

<sup>3</sup> <http://www.mcgill.ca/dietetics>