

## **Master of Advanced Studies (MAS) in Nutrition and Health at ETH Zurich, Department of Health Sciences and Technology (D-HEST)**

Project: 536

*Millie Porzi, Geneva*

Thanks to the generous contribution of the SFEFS I was able to undertake the ETH MAS in Nutrition and Health and successfully graduate this year. During this program, I had the opportunity to develop my knowledge on a broad range of nutritional topics and to pursue a research project at Agroscope, while continuing my work as a pharmacist in community and clinical settings.

The MAS in Nutrition and Health by ETH Zurich is a postgraduate degree designed for scientists and health professionals who wish to study the influence of food and nutrition on human health as well as the prevention of disease through diet and nutrition, including in-depth knowledge in the physiology of eating, food toxicology, nutrigenomics, and research methodologies related to nutrition. This unique program in Switzerland is available for full-time study (2 semesters) and part-time study (3-4 semesters). To complete this MAS program, a total of 60 ECTS (European Credit Transfer System) is required: 40 ECTS from courses and 20 ECTS related to the master's thesis. This corresponds to a total of 1800 study hours including lecture attendance, group work, laboratory work, case studies, seminars, practical classes, performance control, and writing of the thesis.

The high quality of teaching in the MAS in Nutrition and Health has allowed me to develop skills in various domains such as food analysis, epidemiology, quantitative and qualitative research methods, as well as data collection, analysis and interpretation, among others. I also had the opportunity to undertake a research project at Agroscope entitled "Development of personalized nutrition: applications in lactose intolerance diagnosis and management", which led to the completion of my MAS degree. The project's aims were to: review the current status of the diagnostic and management of lactose intolerance, to investigate the health impact of lactose intolerance focusing on the application of nutrigenomics tools, and to critically discuss how recent development in personalized nutrition have impacted on diagnostic tools and therapeutic interventions for lactose intolerance.

Overall, studying for the MAS in Nutrition and Health at ETH has been very enriching and I am convinced that this experience will help me throughout my scientific career. I thank again the SFEFS for its generous support which gave me the space and time to successfully complete my studies.