Introduction

The Dietetics program helps students prepare the requirements of the American Dietetics Association (ADA). The Dietetics program allows individuals to work in health care organization, food service operations, business and industry, education and research, health promotion and private practice. The dietetics major offers endless opportunities.

Functional Skill Set for Dietetics Majors

- Enjoy working with others
- Strong interest in food and nutrition
- Good judgment
- Understanding of human nature
- Motivation
- Initiative to work independently
- Identify and solve problems
- Like variety and challenges

Related Career Titles for Dietetics Majors

- Administrative Dietitian
- Athletic Trainer
- Athletic/Activities Director
- Chef Cooks
- Chiropractic Specialist
- Clinical Dietitian
- Clinical Exercise Physiologist
- Community Dietitian
- Consultant
- Consulting Dietitian
- Corporate Fitness Instructor
- Corporate Fitness Manager
- Diabetes Educator
- Diet Center Director
- Diet Technician
- Dietitian
- Dietitian Technician
- Exercise Physiologist
- Exercise Testing Technician
- Fitness Club Manager
- Fitness Instructor/Consultant
- Food and Beverage Preparation & Service Reps
- Food Editor
- Food Equipment Marketer
- Food Inspector
- Food Nutrition Journalist
- Food Product Developer
- Food Product Marketer
- Food Scientist
- Food Service Administration
- Food Service Coordinator
- Food Service Director
- Food Service Manager
- Food Service specialist
- Food Technologist
- Health & Fitness Advisor
- Health & Nutrition Consultant
- Health Promotion Specialist
- Health/Fitness Instructor
- Laboratory Food Tester
- Manager
- Nutrition Consultant
- Nutrition Counselor
- Nutrition Educator
- Nutrition Journalist
- Nutrition Researcher
- Nutrition Specialist
- Nutrition Support Dietitian
- Nutritionist
- Occupational Therapist
- Patient Services Manager
- Pediatric Dietitian
- Personal Trainer
- Physical Therapist
- Physical Therapy Aide
- Physician’s Assistant
- Product Developer
- Public Health Nutritionist
- Quality Control Specialist
- Registered Dietitian
- Research/Education Dietitian
- School Food Service Director
- Sport and Cardiac Rehab Dietitian
- Sports Nutritionist
- Sports Physiologist
- Strength & Conditioning Specialist
- Teaching Dietitian
- Weight Loss Counselor
- WIC Nutritionist
Some Organizations that Typically Employ Dietetics Majors:

- State and Federal Government
- Fitness and Wellness Centers
- Pharmaceutical Firms
- Health Maintenance Organizations
- Home Health Care
- Business and Industry
- Drug & Alcohol Rehab
- Cardiac Rehab
- Long-term Healthcare
- Hospitals
- Athletic Teams
- Colleges & Universities
- Correctional Institutions
- Food Manufacturer and Processor Plants
- Health Department
- Health Spas
- Hospitals, Health Organizations
- Nursing Homes
- Private practice
- Public health Agencies
- Social Service Agencies
- State & Federal Research Labs
- State Food Laboratories
- Wellness Centers
- Hotel and Restaurants
- Private Practice
- Processing firms
- Research Departments of Food
- Spas/Resorts
- State And Federal Social Service Agencies
- U.S. Dept. of Ag. & health and Human Services
- Factory Cafeterias
- Food Industry Laboratories
- Food Manufacturers and Processors
Start a Strategic Plan

- If you are in school right now, emphasize science courses in your academic studies. Biology, anatomy, and chemistry will be extremely important throughout your career. Math, English, sociology, psychology, and business courses are also important.
- Major in nutrition and dietetics
- Internships

Professional Organizations and Associations for Dietetics Majors

American Dietetic Association
216 W. Jackson Blvd., Suite 800
Chicago, IL  60606-6995
http://www.eatright.org

The National Association for Health & Fitness
201 S. Capitol Avenue  Suite 560
Indianapolis, IN  46225
http://www.physicalfitness.org

American Society for Healthcare Food Service Administration
1 North Franklin  31 Floor
Chicago, IL  60606
http://www.ashfsa.org

American Hospital Association
www.aha.org

American Public Health Association
www.apha.org

America’s Health Care Source
www.HealthCareSource.com

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# NUTRITION
What can I do with this major?

## AREAS

### CLINICAL NUTRITION
- Practice Includes:
  - Assessment
  - Planning and Implementation of Nutrition Programs
  - Evaluation and Reporting
  - Consultation with Healthcare Professionals

### EMPLOYERS
- Hospitals
- Nursing care facilities
- Out patient care centers
- Health centers and clinics
- Home health providers
- Health maintenance organizations (HMOs)
- Dialysis centers
- Diabetes care clinics
- Exercise and fitness centers

### STRATEGIES
- Volunteer in hospitals or nursing homes to gain experience working with patients or the elderly.
- Develop excellent communication skills and learn to work well on a team.
- Plan to earn the Registered Dietitian credential.
- Several years experience and possibly a graduate degree are required for specialties such as pediatrics, renal, or oncology.

### COMMUNITY AND PUBLIC HEALTH NUTRITION
- Health Promotion
- Education
- Program Planning and Implementation
- Administration
- Counseling
- Consultation

### EMPLOYERS
- Public health departments
- Home health agencies
- Social service agencies
- Community centers
- Federal, state, and local government
- Daycare centers
- Health and recreation clubs
- Health maintenance organizations (HMOs)
- Community health organizations

### STRATEGIES
- Participate in campus health promotion or wellness education programs.
- Earn a master's degree in nutrition, public health, or related field to increase job opportunities.
- Develop strong presentation and public speaking skills.
- Learn to work well with people of varying socioeconomic and racial backgrounds.
- Seek experiences in the public health arena.
- Research government application procedures.

### FOOD SERVICE MANAGEMENT
- Menu Planning
- Budgeting
- Purchasing
- Food Preparation
- Personnel Management
- Food Safety Management

### EMPLOYERS
- Hospitals
- Schools
- Colleges and universities
- Company cafeterias
- Correctional facilities
- Camps
- Restaurants
- Hotels

### STRATEGIES
- Obtain work experience in any large-scale food service operation such as campus cafeterias. Move into supervisory positions if given the opportunity.
- Take business courses and develop strong computer skills.
- Get involved in campus organizations and seek leadership roles.
- Learn how to relate to a wide variety of people and to work well in a team environment.
### AREAS

**FEDERAL GOVERNMENT**
- Clinical Dietetics
- Nutrition Education and Teaching
- Administration
- Program Management
- Research

**CONSULTING**
- Nutrition Consulting
- Menu Development
- Food Preparation and Safety
- Nutrition Counseling
- Weight Management: Adult and Pediatric Teaching
- Health Promotion and Programming
- Writing

### EMPLOYERS

- Army
- Navy
- Air Force
- National Aeronautics & Space Administration (NASA)
- US Department of Health and Human Services:
  - Indian Health Service
  - Food and Drug Administration
  - Centers for Disease Control and Prevention:
    - National Center for Health Statistics
  - Health Resources and Services Administration:
    - Maternal and Child Health Bureau
    - National Institutes of Health
- US Department of Agriculture:
  - Supplemental Food Program for Women, Infants, and Children (WIC)
- Veterans Health Administration
- Peace Corps
- AmeriCorps VISTA

### STRATEGIES

- Pursue internships in government agencies.
- Research federal government application procedures.
- Maintain a strong grade point average.
- Earn a master's degree for advancement in research, administration, or public health nutrition.
- Assist a faculty member with nutrition research.

- Private practice
- Consulting to:
  - Physicians' offices
  - Weight loss clinics
  - Nursing homes
  - Health clubs and spas
  - Corporate wellness programs
  - Restaurants and chefs
  - Catering services
  - Grocery stores
  - Food manufacturers
  - Food service managers
  - Sports teams and athletes
  - Health-related magazines and Internet sites
  - Newspapers

- Gain experience and expertise in a specialty area of nutrition.
- Earn additional certifications in fields such as fitness and athletic training or adult and pediatric weight management.
- Find a need in the community and fill it. An entrepreneurial spirit is required!
- Be prepared to work in several areas at one time.
- Develop excellent written and verbal communication skills.
- Learn how to promote oneself.
## AREAS

<table>
<thead>
<tr>
<th>INDUSTRY</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
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<tbody>
<tr>
<td>Research</td>
<td>Food manufacturers</td>
<td>Supplement curriculum with courses in business administration, marketing, or advertising.</td>
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<tr>
<td>Product Development</td>
<td>Food vendors and distributors</td>
<td>Develop strong written and verbal communication skills.</td>
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<tr>
<td>Sensory Evaluation</td>
<td>Special food services</td>
<td>Get involved in research and gain technical experience.</td>
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<td>Quality Assurance</td>
<td>Pharmaceutical companies</td>
<td>Seek leadership roles in campus organizations.</td>
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<tr>
<td>Marketing</td>
<td>Health-related businesses</td>
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<td>Sales</td>
<td>Weight loss programs</td>
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<tr>
<td>Customer Service</td>
<td>Restaurant and hotel chains</td>
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<tr>
<td>Consumer Food Science</td>
<td>Public relations firms with food industry accounts</td>
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## EDUCATION

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<thead>
<tr>
<th>Teaching</th>
<th>Colleges and universities</th>
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<tbody>
<tr>
<td>Research</td>
<td>Community and technical schools</td>
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<td></td>
<td>Nursing, medical, dental, and health sciences schools</td>
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<td>Teaching hospitals</td>
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<td>Earn a master's degree for instructor positions or a doctorate for tenure track professorships.</td>
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<td>Serve as a tutor or peer mentor on campus.</td>
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<td>Learn to work well with a variety of people.</td>
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<td>Gain research experience by assisting professors.</td>
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<td>Maintain a high grade point average and secure strong faculty recommendations.</td>
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</tbody>
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## GENERAL INFORMATION

- Most positions require the Registered Dietitian (RD) credential. Become an RD through an accredited bachelor’s or master’s program followed by an approved, supervised internship. RD’s must also pass the Registration Examination for Dietitians.
- Research individual state requirements for licensure or certification to practice dietetics.
- Scientific aptitude is required to successfully earn a degree in nutrition. Basic sciences play a large role in this discipline.
- One should enjoy helping people, working with healthcare professionals, and have an interest in good health, nutrition, and fitness. Get involved in campus wellness or peer health educator programs to gain experience.
- Volunteer in hospitals or nursing care centers to test interests.
- The ability to work independently and as part of a team is important in this field.
- Client may be seen individually or in groups. Learn the fundamentals of human relations and group dynamics.
- Strong communication skills are necessary to interact effectively with patients and healthcare professionals. Develop good interviewing and counseling techniques.
- Over half of dietitians and nutritionists work in hospitals, nursing homes, or physicians’ offices.
- Research, public health, and advanced clinical positions require a graduate degree.