

NUTRITION

What can I do with this degree?

AREAS

EMPLOYERS

STRATEGIES

CLINICAL

Clinical Nutrition

Hospitals
Health centers and clinics
Home health providers
Health maintenance organizations (HMOs)
Nursing homes
Residential care centers
Exercise and fitness centers

Volunteer in hospitals or nursing homes to gain experience working with patients/elderly.
Need Registered Dietitian credential.
Several years experience and possibly graduate degree required for specialty such as pediatrics, gerontology, sports, critical care, etc.

COMMUNITY AND PUBLIC HEALTH NUTRITION

Education
Program Planning and Implementation
Administration
Counseling
Consultation

Public and home health agencies
Social service agencies
Community centers
Federal, state and local government
Daycare centers
Health and recreation clubs
Health maintenance organizations (HMO's)

Gain extensive clinical experience first.
Master's degree generally required.
Background in public health a benefit.
Learn government application procedures.
Develop presentation and public speaking skills.

FOOD SERVICE MANAGEMENT

Includes:

Menu Planning
Budgeting
Purchasing
Food Preparation
Personnel Management

Hospitals
Schools
Colleges and universities
Cafeterias
Prisons
Camps
Restaurants
Hotels

Obtain work experience in any large-scale food service operation such as campus cafeterias.
Take business courses and develop computer skills.
Seek supervisory roles to gain experience.

AREAS

EMPLOYERS

STRATEGIES

FEDERAL GOVERNMENT

Clinical Dietetics
Nutrition Education and Teaching
Administration
Research

Army
Navy
Air Force
NASA (National Aeronautics & Space
Administration)
US Public Health Service
Indian Health Service
Food & Drug Administration
St. Elizabeth's Hospital
National Center for Health Statistics
Centers for Disease Control
Bureau of Health Care and Delivery
National Institutes of Health
US Department of Agriculture
WIC (Supplemental Food Program for Women,
Infants and Children)
Veterans Administration Hospitals
Peace Corps and VISTA

Learn federal government application procedures.
Earn Master's degree for advancement in research
or administration.
Pursue internships in government agencies.

CONSULTING

Diet Counseling
Education and Programming

Private practice
Physicians' offices
Weight loss clinics
Nursing homes
Health clubs and spas
Restaurants
Catering services
Food manufacturers
Health-related magazines
Newspapers

Gain experience and expertise in a specialty.
Sense a need in community and fill it.
Entrepreneurial spirit required!
May work in several areas at one time.
Develop excellent written and verbal communica-
tions skills.

Writing

AREAS

EMPLOYERS

STRATEGIES

INDUSTRY

Research
Product Development
Sensory Evaluation
Quality Assurance
Marketing
Sales
Customer Service
Consumer Food Science

Food manufacturers
Pharmaceutical companies
Health-related businesses
Weight loss programs
Restaurant and hotel chains
Public relations firms with food industry accounts

Background in business administration, marketing, or advertising helpful.
Develop written and verbal communication skills.
Gain computer expertise.

TEACHING

Teaching

Colleges and universities
Community and technical schools
Nursing, medical and dental schools
Teaching hospitals
Medical centers
Government agencies
Food and pharmaceutical companies
Major universities

Master's degree required for instructor positions.
Doctorate and research experience necessary for tenure track professorships.

Research

Earn graduate degree for advancement in research positions.
Learn government application procedures.

GENERAL INFORMATION

- Most positions require the Registered Dietitian (RD) credential.
- Become RD through an approved bachelor's program followed by an approved, supervised internship. Then take Registration Examination for Dietitians.
- Some states also require licensure or certification to practice dietetics.
- Should enjoy helping people and working with healthcare professionals.
- Scientific aptitude required. Basic sciences play large role in nutrition.
- Interest in good health, nutrition, and fitness necessary.
- Ability to work independently and as part of team required.
- Clients may be individuals or groups. Learn the fundamentals of human relations and group dynamics.
- Effective communication skills are important.
- Develop interviewing and counseling techniques.
- Over half of dietitians and nutritionists work in hospitals and nursing homes.
- Research, public health, and advanced clinical positions require a graduate degree.
- Computers and other technologies are becoming more prevalent in dietetics practices.