

# 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  
Dialysis centers  
Diabetes care clinics  
Exercise and fitness centers

Volunteer in hospitals or nursing homes to gain experience working with patients or the elderly.  
Plan to earn the Hospital Registered Dietitian credential.  
Several years experience and possibly a graduate degree are required for specialties such as pediatrics, gerontology, sports, or critical care.

#### **COMMUNITY AND PUBLIC HEALTH NUTRITION**

Health Promotion  
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 before pursuing public health.  
Earn a master's degree for more opportunities.  
Seek experiences in the public health arena.  
Learn government application procedures.  
Develop strong presentation and public speaking skills.  
Learn to work well with all types of people.

#### **FOOD SERVICE MANAGEMENT**

Menu Planning  
Budgeting  
Purchasing  
Food Preparation  
Personnel Management

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

Obtain work experience in any large-scale food service operation such as campus cafeterias.  
Take business courses and develop strong 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  
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 a Master's degree for advancement in research  
or administration.  
Pursue internships in government agencies.  
Maintain a strong grade point average.

**CONSULTING**

Diet Counseling  
Education and Programming  
Writing

Private practice  
Physicians' offices  
Weight loss clinics  
Nursing homes  
Health clubs and spas  
Restaurants  
Catering services  
Food manufacturers  
Sports teams  
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  
or athletic training.  
Find a need in the community and fill it. An entre-  
preneurial spirit is required!  
Be prepared to work in several areas at one time.  
Develop excellent written and verbal communica-  
tion skills.  
Learn how to promote oneself.

## 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

Supplement curriculum with courses in business administration, marketing, or advertising.  
Develop strong written and verbal communication skills.  
Gain computer expertise.  
Seek leadership roles in campus organizations.

### **TEACHING**

Teaching  
Research

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

Earn a master's degree for instructor positions or a doctorate for tenure track professorships.  
Earn a graduate degree for advancement in research positions.  
Gain research experience by assisting professors.  
Develop strong communication skills.

### **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. The Registration Examination for Dietitians is also required.
- Some states require licensure or certification to practice dietetics.
- One should enjoy helping people and working with healthcare professionals and have an interest in good health, nutrition, and fitness.
- Scientific aptitude is required to successfully earn a degree in nutrition. Basic sciences play a large role in nutrition.
- The ability to work independently and as part of a team is important in this field.
- Clients may be seen individually or in 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, nursing homes, or physicians' offices.
- Research, public health, and advanced clinical positions require a graduate degree.