

NUTRITION

What can I do with this major?

AREAS

EMPLOYERS

STRATEGIES

CLINICAL NUTRITION

Practice includes:

- Assessment
- Planning and implementation of nutrition programs
- Evaluation and reporting
- Consulting with healthcare professionals

Hospitals
Medical and surgical services
Nursing care facilities
Outpatient care centers
Health centers and clinics
Home health providers
Health maintenance organizations (HMOs)
Dialysis centers
Diabetes care clinics
Exercise and fitness centers
Corporate wellness programs

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 Nutritionist (RDN) credential.
Several years experience and a graduate degree are required for specialties areas such as pediatrics, renal nutrition, or oncology.

COMMUNITY AND PUBLIC HEALTH NUTRITION

Health promotion
Education
Program planning and implementation
Administration
Counseling
Consultation
Non-profit
Emergency relief

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
Congregate nutrition programs
Cooperative extension

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 socio-economic 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
Food processing

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

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

EMPLOYERS

STRATEGIES

FEDERAL GOVERNMENT

Clinical dietetics
Nutrition education and teaching
Administration
Program management
Research
Health care reform
Supplement labels
Regulation
Inspection

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)
 Supplemental Nutrition Assistant Program
 (SNAP)
Veterans Health Administration
Peace Corps
AmeriCorps VISTA

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.

CONSULTING

Nutrition consulting
Menu development
Food preparation and safety
Nutrition counseling
Weight management: Adult and pediatric
Teaching
Health promotion and programming
Writing
Food photography

Private practice
Consulting to:
 Physicians' offices
 Weight loss clinics
 Nursing homes
 Counseling centers
 Health clubs and spas
 Corporate wellness programs
 Restaurants and chefs
 Catering services
 Food vendors and distributors
 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 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
Journalism
Customer service
Consumer food science
Consumer affairs
Medical equipment
Food service equipment
Pharmaceuticals
Nutraceuticals

Food manufacturers
Food vendors and distributors
Special food services
Trade associations
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.
Get involved in research and gain technical experience.
Seek leadership roles in campus organizations.

EDUCATION

Teaching
Research

Colleges and universities
Community and technical schools
Nursing, medical, dental, and health sciences schools
Teaching hospitals
Culinary schools

Earn a master's degree for instructor positions or a doctorate for tenure track professorships.
Serve as a tutor or peer mentor on campus. Learn to work well with a variety of people.
Gain research experience by assisting professors.
Maintain a high grade point average and secure strong faculty recommendations.

GENERAL INFORMATION

- Most positions require the Registered Dietitian Nutritionist (RDN) credential. Become an RDN through an accredited bachelor's or master's program followed by an approved, supervised internship. RDNs 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, as basic sciences play a large role in this discipline.
- One should enjoy helping people, working with healthcare professionals, and demonstrate interest in good health, nutrition, and fitness. Seek involvement in campus wellness or peer health educator programs to gain experience.
- Volunteer in hospitals or nursing care centers to test interests and gain experience.
- Learn the fundamentals of human relations and group dynamics, as clients may be seen individually or in groups.
- Strong communication skills are necessary to interact effectively with patients and healthcare professionals. Develop good interviewing and counseling techniques. Develop the ability to work independently and as part of a team.
- Approximately half of RDNs work in hospitals, outpatient centers, or nursing/residential care facilities.
- Research, public health, and advanced clinical positions require a graduate degree.
- Consider gaining specialized certifications in areas such as pediatric or renal nutrition, nutrition support, diabetes education, etc.
- Learn about the path to Certified Nutrition Specialist offered by the Board Certification of Nutrition Specialists for healthcare professionals with advanced degrees.