

# 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

Writing

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.

## 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

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

Research

Government agencies  
Food and pharmaceutical companies  
Major universities

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.