# **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** 

Consultation with Healthcare Professionals

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

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

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

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

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. 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

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

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

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

 $Food\,manu facturers$ 

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**

## **EMPLOYERS**

#### **STRATEGIES**

#### **INDUSTRY**

Research
Product Development
Sensory Evaluation
Quality Assurance
Marketing
Sales

Customer Service Consumer Food Science Food manufacturers
Food vendors and distributors
Special food services
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

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 (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 indvidual 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.
- Clients 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.