

# 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
- 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

- 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 a graduate degree is required for specialties 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
<p><b><u>FEDERAL GOVERNMENT</u></b> Clinical Dietetics Nutrition Education and Teaching Administration Program Management Research Health Care Reform Supplement Labels Regulation Inspection</p>	<p>Army Navy Air Force National Aeronautics &amp; 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</p>	<p>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.</p>
<p><b><u>CONSULTING</u></b> Nutrition Consulting Menu Development Food Preparation and Safety Nutrition Counseling Weight Management: Adult and Pediatric Teaching Health Promotion and Programming Writing Food Photography</p>	<p>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</p>	<p>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.</p>

**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

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.

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**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 (RD) 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. 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.
- Over half of RD's hold an advanced degree. Consider pursuing further education.
- Consider gaining specialized certifications in areas such as pediatric or renal nutrition, nutrition support, diabetes education, etc.