# NUTRITION

## What can I do with this degree?

<table>
<thead>
<tr>
<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
</tr>
</thead>
</table>
| **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

#### FEDERAL GOVERNMENT

- Clinical Dietetics
- Nutrition Education and Teaching
- Administration
- Research

#### EMPLOYERS

- 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

#### STRATEGIES

- Learn federal government application procedures.
- Earn Master's degree for advancement in research or administration.
- Pursue internships in government agencies.

### CONSULTING

#### Diet Counseling

- Private practice
- Physicians' offices
- Weight loss clinics
- Nursing homes
- Health clubs and spas
- Restaurants
- Catering services
- Food manufacturers

#### Education and Programming

- 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 communications skills.
Computers and other technologies are becoming more prevalent in dietetics practices.

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.

- 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.