

# 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 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

- 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 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  
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 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.