Some
Jobs in Nutrition & Dietetics

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Illustrated by Q. Liu
Salary information retrieved from Glassdoor.com, August 2022
2022
Clinical Registered Dietitian

Job Functions

• Determine nutritional needs and dietary restrictions of patients
• Develop menus for diets based on medical and physical conditions of patients
• Inspect meals served to ensure that they align with prescribed diets
• Educate and counsel patients and their families about nutritional health, diet plans and behavior
• Design nutrition programs to improve and maintain health
• ~$70,000/year

Required Education

• Complete a bachelor's degree of a didactic program in dietetics (DPD) that is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).
• Complete a graduate degree.
• Complete the dietetic internship (at least 1000 hours of supervised practice).
• Pass the Commission on Dietetic Registration (CDR) Exam to obtain the RD credential.

https://media.gettyimages.com/photos/dietitian-holding-diet-plan-during-consultation-with-patient-in-the-picture-id1308940433?k=20&m=1308940433&s=612x612&w=0&h=0dYm8XCWqerpdLou7E04I64aH9R-hjQx0nKOp3yNFIE=
Nutrition Support Dietitian

**Job Functions**

- Obtains and assesses patient nutrition data of patients that require enteral or parenteral nutrition support.
- Develops and implements nutrition support plans.
- Monitors patient status receiving the nutrition support over time.
- Work with interdisciplinary team to help the patient.

**Required Education**

- RD Credentialed
- 2-4 years experience as a clinical dietitian and experience in nutrition support.
- Certified Nutrition Support Clinician (CNSC) specialty education is an asset, but not required.

~$70,000/year

![Image of nurse, child, and mother in a hospital setting](https://media.gettyimages.com/photos/nurse-in-childrens-hospital-with-girl-patient-and-mother-picture-id116377838?k=20&m=116377838&s=612x612&w=0&h=tLzQcGKdKsISiM3C2Pt12rDjP3EyFpN4eXaTTHdX5ge1s=)
School District Nutrition Director

**Job Functions**

- Oversee foodservice operations in all schools in a district.
- Oversee Hiring/training of foodservice staff.
- Maintenance of quality control and cost effectiveness.
- Follow federal, state, and local guidelines.
- Constantly seek to innovate and improve current procedures and product.
- Make programs that aim to meet the nutritional and educational needs of the children.
- Planning/Preparing standard recipes and monthly menus.
- ~$77,000/year

**Required Education**

- RD Credentialed
- Minimum 2-3 years in school foodservice or management operations.
- Knowledge of Federal guidelines (EX: Health, Hunger Free Kids Act, National School & Lunch Program)

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Food Industry Dietitian

Job Functions

• Employed by a food company (ex: Campbell Soup)
• Entry level
  • FDA Nutrition claim development.
  • Food label management of products.
• 1+ year experience:
  • Innovate food products
  • Work with co-workers for brand strategy
• Watch for current food trends
• Create marketing campaigns
• Recipe testing/tasting.
• ~$65,000/year

Required Education

• RD required (MBA as graduate degree possible)
• Knowledge of FDA CFR food regulations (highly preferred)
• Food science knowledge NOT required but IS an asset.
Nutrition Journalist

**Job Functions**
- Write reviews and critiques on specific restaurants and food and/or drink establishments
- Write promotional pieces on new restaurants, dishes, or food trends and diets
- Freelance writing for publications (critical writing about research, new recipes, etc.)
- 'Nutrition Writer': ~$55,000/year

**Required Education**
- BS in Nutrition and Dietetics, Food Management Studies or related fields, and/or Journalism or English
- (Optional) Certifications: RDN
- Bonus: Food Blog, Health Blog, etc.

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Corporate Wellness Consultant

Job Functions

• Help employees improve health in the workplace
• Evaluate current/existing wellness plans
• Provide guidance and/or make recommendations on implementing new wellness plans
• Deliver workshops regarding health matters in a company
• On-site interactions with employees 1on1, or in large groups
• ‘Nutritionist’: ~$60,000/year

Required Education

• Recommended: BS in Nutrition and Dietetics or related fields
• Focuses: food allergies, nutrient deficiencies, weight management, healthy eating, food customs; business
• (Optional) Certifications: RDN, STR, NDTR, CN, CNS

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Food Safety Auditor

Job Functions

• Conduct food safety audits & ensure quality control of food
• Check food safety of manufacturing facility or farm for foods consumed by public
• Write reports on findings (inspection + daily reports)
• Provide instruction on food safety practices according to Hazard Analysis and Critical Control Point (HAACP)
• 'Occupational Health & Safety Specialists and Technicians': ~$70,000/year

Required Education

• Bachelor's Degree
• Work Experience (3+ years)
• Optional: Master's Degree in Health Science
• Certifications:
  • Certified in Food Safety Supplier Audits (CFSSA)
  • Registered Food Safety Auditor (RFSA)

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Public Health Nutritionist

Job Functions

• Identify problem areas in nutrition within a community or population
• Develop effective strategies to improve nutritional health among diverse populations
• Provide educational materials and resources for the community to improve health
• Develop programs and policies for institutions that improve nutrition in accordance with population-based research findings
• Plan, implement, and evaluate nutrition programs and services
• Attend and serve in community committees, campaigns/events, and educational seminars in schools or other venues promoting nutrition and healthy eating habits
• ~$85,000/year

Required Education

• BS in Dietetics, Food Service Management or related field
• RDN may be required.
• A master’s degree in Public Health with a specialization in Public Health Nutrition may qualify for higher positions.

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Food Product Development Scientist

**Job Functions**

- Devise alternative food production methods
- Create and develop new food products
- Set food production and product quality standards
- Test food products for harmful bacteria and other organisms
- Establish low-cost production methods
- Determine nutritional content of food under certain conditions
- Updating product information sheets for sales preparation and updated labels.
- ~$73,000/year

**Required Education**

- BS in Nutrition and Dietetics, Food Science, Agricultural Science, Chemistry or Biology
- A graduate degree may be required and qualifies for positions in management, administration, as well as research.

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Certified Diabetes Care and Education Specialist (CDCES)

**Job Functions**

- Perform in-depth nutrition assessments based on laboratory results, physician referral, medical history and patient’s diet and lifestyle factors
- Developing diabetes-related treatment and interventions
- Monitoring patient’s adherence and progress
- Counseling and educating patients and their families about diabetes related care, dietary plans, and behavior
- Create and provide education materials on diabetes care and management
- ~$72,000/year

**Required Education**

- RDN (or a few other healthcare professional degrees)
- Professional Practice Experience: 2 years experience; 1,000 hour of diabetes education
- 15 hours Continuing Education Activities
- CDCES Exam

[Image: https://media.gettyimages.com/photos/glucose-level-blood-test-picture-id1185738340?k=20&m=1185738340&s=612x612&w=0&h=FGpQxwL8ZnU_dL0inoYNVg7bRuOby8-y3zUF011Tnc=]
Health Nutrition Educator/Coach

Job Functions

• Conduct dietary and nutritional research to inform teaching courses, policies, and practices
• Develop educational programs, courses, and presentations
• Facilitate teaching seminars and presentations
• Provide educational materials and resources
• Consult with clients to develop diet strategies and diet/meal plans
• Interact with clients for feedback and assessments
• ~$82,000/year

Required Education

• Complete a bachelor's degree preferably in Nutrition and Dietetics or related field
• RDN or Certified Health Education Specialist (CHES) are preferred.
• Most positions require a master's degree in Nutritional Science
Dietary/Nutrition Manager

**Job Functions**

- Manage daily foodservice and kitchen operations
- Design standards and procedures for food preparation
- Oversee food preparation and ensure food safety compliance
- Recruit, interview, and train staff
- Organize and perform inventory management
- Establish budget and purchase supplies/equipment for operations
- Interact with patients/clients and develop dietary programs and menus
- ~$65,000/year

**Required Education**

- RDN credential
- Certified Dietary Manager (CDM) certification (CDM exam)

https://media.gettyimages.com/photos/senior-man-talking-with-a-visiting-nutritionist-at-home-picture-id1024110664?k=20&m=1024110664&s=612x612&w=0&h=eoav9X35XTm65QN8zodSvtPfvNX2UXeJy56fQ2yEVk=