

# Some Jobs in Nutrition & Dietetics

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Illustrated by Q. Lu

Salary information retrieved from Glassdoor.com, May 2025

# 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 starting pay, \$87,000 median pay**

## 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.



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# 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.
- \$70,000 starting pay, \$87,000 median pay

## 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.



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# 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.
- **\$85,000 starting pay, \$109,000 median pay**

## 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.
- **\$72,000 starting pay, \$94,000 median pay**

## 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.



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# 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
- **\$70,000 starting pay, \$93,000 median pay**

## 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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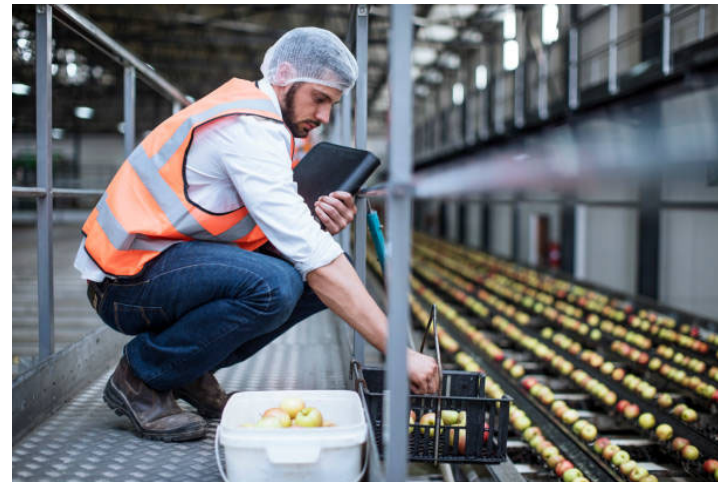
# Food Safety Auditor

## 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)
- \$69,000 starting pay, \$92,000 median pay

## 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
- \$81,000 starting pay, \$108,000 median pay

## 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.
- 'Food R&D': \$94,000 starting pay, \$126,000 median pay

## 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
- \$82,000 starting pay, \$103,000 median pay

## 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



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# 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
- \$49,000 starting pay, \$62,000 median pay

## 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



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# 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
- \$53,000 starting pay, \$69,000 median pay

## Required Education

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



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