



STEM Careers

Dietitian & Nutritionist

Job Description: Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease. May supervise activities of a department providing quantity food services, counsel individuals, or conduct nutritional research.

What does a Dietitian or Nutritionist do?

- Assess nutritional needs, diet restrictions, and current health plans to develop and implement dietary-care plans and provide nutritional counseling
- Evaluate laboratory tests in preparing nutrition recommendations
- Consult with physicians and health care personnel to determine nutritional needs and diet restrictions of patient
- Record and evaluate patient and family health and food history, including symptoms, allergies, medication factors, and preventative health-care measures
- Develop recipes and menus to address special nutrition needs, such as low glycemic, low histamine, or gluten/allergen-free
- Plan, conduct, and evaluate dietary, nutritional, and epidemiological research
- Develop policies for food services or nutritional programs to assist in health promotion and disease control

Your Interests:

- Are you interested in food science?
- Do you like helping others?
- Do you have good communication skills?
- Do you like to cook?

Outlook: BRIGHT

Average Salary - \$29.64 hourly, \$61,650 annually

Projected Job Openings - 5,900 in the next 10 years

Education/Program of Study:

- Most entry level positions require a bachelor's degree, while higher level positions may require a master's degree and certifications.
- Degree paths include health science, food science, biology, and other related fields

Sources:

<https://www.onetonline.org/link/summary/29-1031.00>