

NUTRITIONAL SCIENCES



Individuals working in Nutritional Sciences are interested in the connection between food/nutrition and health. Responsibilities include providing education and counseling about the connection between food, fitness, and health; managing food service operations; and delivering medical nutrition therapy.

Careers within this section include:

Dietetic Technician, Registered

Nutritionist

Registered Dietitian



Dietetic Technician, Registered

What would I do?

Dietetic Technicians, Registered (DTRs) work independently or in teams with a registered dietitian to help plan, implement and assess nutritional programs and services. They screen patients to identify nutritional problems and help them plan meals. They are also responsible for some of the basic education for patients in the hospital.

Where would I work?

Dietetic Technicians, Registered mostly work in hospitals, clinics, community health centers, school systems, nursing homes, and retirement centers.

What would I earn?

\$27,000–30,000

What do I need to know?

Dietetic Technicians, Registered complete a two-year associate's degree program that includes both classroom and practical experience. Students must pass the registration examination for Dietetic Technicians to become a DTR.

What schools can I attend?

University of New Hampshire - Thompson School of Applied Science

Where can I find more information?

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
(312) 899-0040 x5400
(800) 877-1600 x5400
www.eatright.org

Nutritionist

What would I do?

Nutritionists are responsible for educating people on healthy eating and ways to prevent chronic diseases such as obesity, heart disease, high blood pressure, and diabetes. Nutritionists help decrease malnutrition, promote health and control disease. Most Nutritionists are registered dietitians with advanced education.

Where would I work?

Nutritionists work for international, federal, state, and local health agencies; schools; various sports programs; and food-related industries.

What would I earn?

\$43,000–46,000

What do I need to know?

Nutritionists obtain at least a bachelor's degree. Master's degrees are required for advancement in the field.

What schools can I attend?

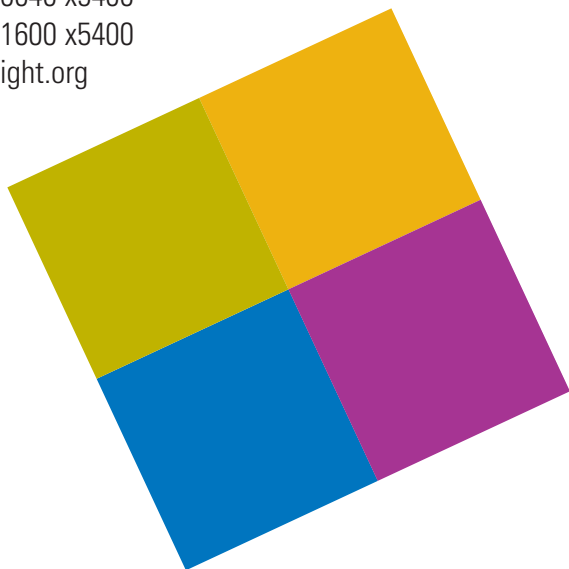
Keene State College
University of New Hampshire

Where can I find more information?

American Public Health Association
Food and Nutrition Section
800 I Street NW
Washington, DC 20001-3710
(202) 777-APHA
www.apha.org

American Society for Nutrition
9650 Rockville Pike
Bethesda, MD 20814-3990
(301) 634-7050
www.nutrition.org

Society for Nutrition Education
7150 Winton Drive, Suite 300
Indianapolis, IN 46260
(800) 235-6690
www.sne.org



Registered Dietitian

What would I do?

Registered Dietitians (RDs) develop and implement medical nutrition therapy for hospital patients and other individuals who may be at risk of poor health. They counsel and teach individuals and groups about food, fitness and health. Specific areas include: educating clients about the connection between food, fitness, and health in sports nutrition and corporate wellness programs; working in communications, consumer affairs, public relations, marketing, or product development in food and nutrition-related businesses and industries; working under contract with health care or food companies, or in their own business in the private sector; providing services to foodservice or restaurant managers, food vendors, and distributors; teaching monitoring, and advising the public, and helping to improve their quality of life through healthy eating habits in community and public health settings; teaching physicians, nurses, dietetics students, and others the sophisticated science of foods and nutrition in Universities and medical centers; directing or conducting experiments to answer critical nutrition questions and find alternative foods or nutrition recommendations for the public in research programs.

Where would I work?

Registered dietitians work in a wide variety of employment settings, including health care, business and industry, public health, education, research, and private practice. Many work environments, particularly those in medical and health care settings, require that an individual be credentialed as an RD. RD's work in Hospitals, HMOs or other health care facilities, educating patients about nutrition and administering medical nutrition therapy as part of the health care team. They may also manage the foodservice operations in these settings, as well as in schools, day-care centers, and correctional facilities. RDs oversee everything from food purchasing and preparation to managing staff.

What would I earn?

\$35,000–46,000

Salaries increase with experience and many RDs, particularly those in management, business, and consulting, earn incomes above \$72,000.

What do I need to know?

Registered Dietitians must obtain a bachelor's degree in an academic program accredited by the Commission on Accreditation of the American Dietetic Association. RDs must complete a supervised internship and pass the national examination given by the Commission on Dietetic Registration (CDR). According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow about as fast as the average for all occupations through the year 2014 because of increased emphasis on disease prevention, an increase in the aging population, and public interest in nutrition.

What schools can I attend?

Keene State College
University of New Hampshire

Where can I find more information?

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Chicago, IL 60606-6995
(312) 899-0040 x5400
(800) 877-1600 x5400
www.eatright.org

St. Joseph School of Nursing
5 Woodward Avenue, Nashua NH 03060
(603)594-2567 800-370-3169
www.sjhacademiccenter.org

OFFERS THE FOLLOWING PROGRAMS

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Associate of Science in Nursing

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AND THE FOLLOWING COURSES

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LPN REFRESHER
Licensed Practical Nursing Refresher

All programs are State approved. PN program accredited by the National League for Nursing Accrediting Commission
61 Broadway, New York, NY 10006 (800-669-1656)