



Nutritionist/Dietitian

A Nutritionist or Dietitian advises the client regarding food selection, maintenance eating programs and modifications of diets to meet certain desired outcomes.



Inspiring Minds to Grow


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career profile

Name: Rita Arbuckle
Job Title: Nutritionist/
Dietitian


Employer: Good Health Hospital

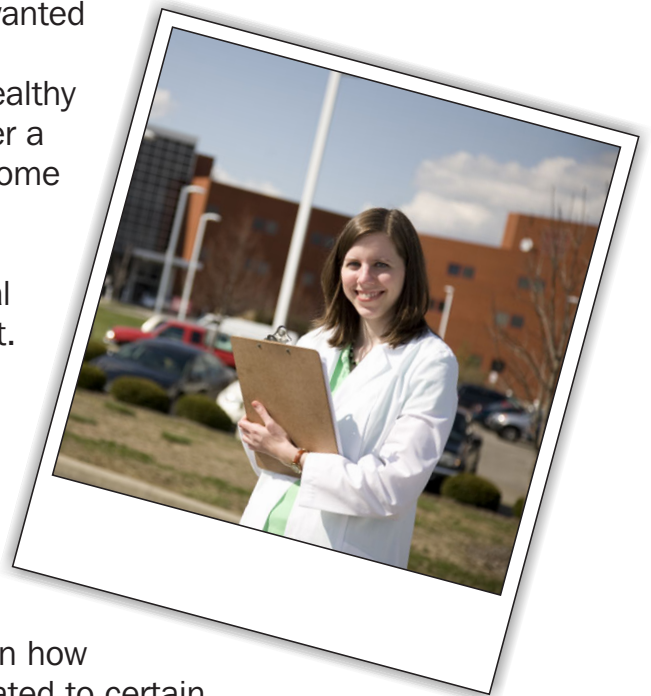
Education: BS in Dietetics, Mississippi State University:
Mississippi State

 I decided to become a dietitian because I wanted to make a difference in people's lives. I was also inspired by public health initiatives to increase healthy habits in our nation's population. There was never a question of me going to college, but I did need some help in identifying the best school for me.

 I do a variety of things in my job as a clinical dietitian. I assess patients' health needs and diet. I then develop meal plans, taking both cost and patients' preferences into account. I explain nutrition issues to patients and assist them in implementing their dietary plan. I evaluate the effects of meal plans and adjust them as needed. I also work with other professionals, including family physicians and registered

nurses. I explain how nutrition is related to certain health conditions, such as diabetes and osteoporosis. I promote better nutrition by giving talks to groups about diet, nutrition, and the relationship between good eating habits and preventing or managing specific diseases. I strive to stay up-to-date with new studies and nutritional recommendations for health conditions and diseases.

 I have found dietetics to be a very broad field that can provide a lot of variety. I really appreciate that my career has given me the opportunity to gain many valuable experiences without having to change positions.



Nutritionist/Dietitian

overview



A **nutritionist/dietitian** provides advice on food selection, maintenance eating programs, and modifications of diets to meet certain desired outcomes.

suggested high school courses



food science, nutrition, culinary arts, chemistry, and mathematics

experience needed



Seek an internship or part-time work while in school to gain practical experience. Plan and implement a related Supervised Agricultural Experience (SAE) Program.

degree(s) required



A bachelor's degree in dietetics, food science, or nutrition is required.

potential employers



food ingredient companies, food production companies, government agencies, hospitals, restaurants, schools

salary range



\$36,900 to \$63,280

employment outlook and trends



The future outlook for nutritionists/dietiticians is projected to be **good** to **excellent**.

professional organizations



American Dietetic Association www.eatright.org/
American Nutrition Association americannutritionassociation.org/
National Association of Nutrition Professionals www.nanp.org/



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www.ffa.org/documents/prof_handbook_introduction.pdf

www.youtube.com/playlist?list=PL7B61381EE0438243&feature=plcp

www.career.ag.iastate.edu/