

BS in FCS: Dietetics Option

What can I do with this major?

Area	Employer	Information/Strategies
Clinical Nutrition		
<ul style="list-style-type: none"> • Practice Includes: <ul style="list-style-type: none"> ○ Nutrition Assessment ○ Planning and Implementing Nutrition Care Plans ○ Consultation with Healthcare Professionals ○ Administration of Nutrition Services 	<ul style="list-style-type: none"> • Hospitals • Nursing care facilities • Out-patient care centers • Health care centers and clinics • Home health providers • Health maintenance organizations (HMOs) • Dialysis centers • Diabetes care clinics • Exercise and fitness centers 	<ul style="list-style-type: none"> • Volunteer in hospitals or nursing homes to gain experience working with patients. • Develop excellent communication skills and learn to work well on a team. • Plan to earn the RDN credential. • Plan to earn a graduate degree.
Community and Public Health Nutrition		
<ul style="list-style-type: none"> • Health promotion • Nutrition Education • Program planning and Implementation • Administration • Counseling • Consultation 	<ul style="list-style-type: none"> • Public health departments • Home health agencies • Social service agencies • Community centers • Federal, state, and local government • Daycare centers • Health and recreation clubs • Health maintenance organizations (HMOs) • Community health organization 	<ul style="list-style-type: none"> • Participate in campus health promotion or wellness education programs. • Plan to earn a master's degree in nutrition, public health, or related field to increase job opportunities. • Develop strong presentation and public speaking skills. • Learn to work well with people of varying socioeconomic and racial backgrounds. • Seek experiences in the public health arena. • Research government application procedures.
Food Service Management		
<ul style="list-style-type: none"> • Menu Planning • Budgeting • Purchasing • Food Preparation • Personnel Management • Food Safety Management 	<ul style="list-style-type: none"> • Hospitals • Primary and secondary schools • Colleges and universities • Company cafeterias • Correctional facilities • Camps • Restaurant and hotel chains 	<ul style="list-style-type: none"> • Obtain work experience in any large-scale food service operation, such as campus cafeterias. Move into supervisory positions if given the opportunity. • Take business courses and develop strong computer skills. • Get involved in campus organizations and seek leadership roles. • Learn how to relate to a wide variety of people and to work well in a team environment.
Federal Government		
<ul style="list-style-type: none"> • Clinical Dietetics • Nutrition Education and Research • Administration • Program Management • Research 	<ul style="list-style-type: none"> • Armed forces • National Aeronautics & Space Administration (NASA) • US Department of Health and Human Services: • US Department of Agriculture • Veterans Health Administration 	<ul style="list-style-type: none"> • Pursue internships in government agencies. • Research federal government application procedures. • Maintain a strong grade point average. • Earn a master's degree for advancement in research,

- Peace Corps
- AmeriCorps VISTA

administration, or public health nutrition.

- Assist a faculty member with nutrition research.

Consulting

- Nutrition Consulting
- Menu Development
- Food Preparation and Safety
- Nutrition Counseling
- Weight Management: Adult and Pediatric
- Teaching
- Health Promotion and Programming
- Writing

- Private practice
- Consulting to:
 - Physicians' offices
 - Weight loss clinics
 - Nursing homes
 - Health clubs and spas
 - Corporate wellness programs
 - Restaurants and chefs
 - Catering services
 - Grocery stores
 - Food manufacturers
 - Food service managers
 - Sports teams and athletes
 - Health-related magazines and Internet sites
 - Newspapers

- Gain experience and expertise in a specialty area of nutrition.
- Earn additional certifications in fields, such as fitness and athletic training or adult and pediatric weight management.
- Find a need in the community and fill it. An entrepreneurial spirit is required!
- Be prepared to work in several areas at one time.
- Develop excellent written and verbal communication skills.
- Learn how to promote oneself.

Industry

- Research
- Food Product Development
- Sensory Evaluation
- Quality Assurance
- Marketing and sales
- Customer Service

- Food manufacturers
- Food vendors and distributors
- Special food services
- Pharmaceutical companies
- Health-related businesses
- Weight loss programs
- Restaurant and hotel chains
- Public relations firms with food industry accounts

- Supplement curriculum with courses in business administration, marketing, or advertising.
- Develop strong written and verbal communication skills.
- Get involved in research and gain technical experience.
- Seek leadership roles in campus organizations.

Education

- Teaching
- Research

- Colleges and universities
- Community and technical schools
- Nursing, medical, dental, and allied health programs
- Teaching hospitals

- Earn a master's degree for instructor positions or a doctorate for tenure-track professorships.
- Serve as a tutor or peer mentor on campus. Learn to work well with a variety of people.
- Gain research experience by assisting professors.
- Maintain a high grade point average and secure strong faculty recommendations.

Most positions require the Registered Dietitian (RD) credential. Become an RD through an accredited bachelor's or master's program followed by an approved, supervised internship. RD's must also pass the Registration Examination for Dietitians.

Adapted from a source from the University of Tennessee.