OCCUPATIONAL OVERVIEW:
According to the Bureau of Labor, “Dietitians and nutritionists are experts in food and nutrition. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.”

“Dietitians and nutritionists typically do the following:
- Explain nutrition issues
- Assess patients’ and clients’ health needs and diet
- Develop meal plans, taking both cost and clients’ preferences into account
- Evaluate the effects of meal plans and change the plans as needed
- Promote better nutrition by giving talks to groups about diet, nutrition, and the relationship between good eating habits and preventing or managing specific diseases
- Keep up with the latest nutritional science research”


Major areas of practice include clinical, community, management, and consultant dietetics and nutritionists.

EMPLOYMENT REQUIREMENTS:
Dietitians and nutritionists need a minimum of a bachelor’s degree. Students interested in research, advanced clinical positions, or public health may need an advanced graduate degree. Many states require certification and licensure. Check with the Commission on Dietetic Registration for more information on credentialing of Nutrition and Dietetics. Consult O*Net for more information on the specific KSAs (Knowledge, Skill, Ability) that are needed for each career area.

INDUSTRIES & TARGET EMPLOYERS:
A variety of employers specifically recruit UNM students and alumni. Consult UNM’s Lobo Career Connection for a complete list of employers and current job postings. Speak with a Career Development Facilitator at the UNM Office of Career Services for help with identifying employers or additional resources for your occupation of choice.

Clinical:
Hospitals, Health care facilities, Fitness centers, Diabetes/Dialysis Centers, private health care

Community and Public Health/Government Agencies:
Home health organizations, Social Services, Department of Health, US Public Health Service, VA Hospitals, Day care centers, Local and state run agencies

Physical and Occupational Therapy:
Teaching, Research, clinical private practice, consultation, hospitals, clinics, healthcare facilities, government, residential treatment facilities, corporations and organizations

Food Management:
Schools, Organizations, Correctional facilities (private and state run), restaurants, hotels, resorts, camps (adult and children)

Consulting:
Private practice (doctors, nursing homes, specialization clinics), sports teams, health clubs, spas/resorts, media outlets (magazines, TV, blogs), product development, research, sales,

Education
K-12, colleges/universities, medical schools
**SUGGESTED STRATEGIES:**

- Consider specializing with a double major, minor, or concentration in another area.
- Gain related professional experience through involvement in internships, student employment, Co-ops, and/or volunteer opportunities.
- Shadow professionals in the field to gain a better understanding of the occupation and to build relationships with professional mentors.
- Build your network and get involved on campus through student organizations and campus events. Find organizations and events at the Student Activities Center website.
- Attend career related campus events such as career fairs, company information sessions, and or career workshops.
- Students who are interested in graduate school should maintain a high undergraduate GPA and develop relationships with faculty and community leaders.
- Speak with mentors and faculty about career opportunities.
- Job leads can be found on your department’s website, list-serv, newsletters, and social media sites.

**STATE AND NATIONAL WAGES:**

*Adapted from CareerOneStop (2013)*

**DIETITIANS AND NUTRITIONISTS**

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<th>Location</th>
<th>10%</th>
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<th>Median</th>
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*Data obtained from Career One Stop*

**INFORMATIONAL WEBSITES:**

- The American Dietetic Association: http://www.eatright.org
- The American Society for Nutrition: http://www.nutrition.org
- The Commission on Dietetic Registration: http://www.cdrnet.org
- New Mexico Regulations and Licensing Department: http://www.rld.state.nm.us/nutrition/index.html
- o-net Online: http://online.onetcenter.org
- www.bls.gov/oco/