



Career Guide

Nutritionist/ Dietitian

Profession Description

Nutritionists and Dietitians are healthcare professionals that focus on counseling and assisting patients in eating healthy diets to maintain health and manage symptoms of disease. They are experts on nutrition and may create and conduct food programs to help their patients lead healthy lives. They are also knowledgeable about food allergies, dietary restrictions, the affect of certain foods on different health conditions, and substitutions for restricted food.

Nutritionists/Dietitians work closely with other doctors to help provide a proper diet plan to help a patient manage their health.

Academic Requirements

- Bachelors Degree in Approved Major
- Registered Dietitian/Nutritionist Credential

Professional Associations

- National Association for Nutrition Professionals (NANP)
- American Nutrition Association (ANA)
- American Council on Health and Science

Further Resources

- Glass Door (<https://www.glassdoor.com/index.htm>)
- Bureau of Labor Statistics (<https://www.bls.gov/>)
- Explore Health Careers (<https://explorehealthcareers.org/>)
- NU Career Guides (<https://careers.northeastern.edu/group/career-guides/>)

Related Fields

- Sports Medicine
- Oncology
- Pediatrics
- Cardiology
- Behavioral Health