Careers in Nutrition

Keeping Everyone Healthy
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Bright Future

Many job opportunities due to

- Childhood obesity
- Overweight adults
- Digestive diseases
- Food onset illnesses (diabetes type2)
- Exercise and fitness, and for
- Overall good health
Nutrition Professionals

Can

- Teach health
- Work with a health care team
- Help a restaurant chain improve meal nutrition
- Develop nutritious foods
- Write nutrition updates for media

Work

- Hospitals
- Schools and child care centers
- Nursing homes
- Government agencies
- Privately owned businesses
American Dietetics Association

A Career in Dietetics – The Sky’s the Limit

- [http://www.eatright.org/About/Content.aspx?id=11220](http://www.eatright.org/About/Content.aspx?id=11220)

Dietetic Technician

- From Texas Cares, a product of The Texas Workforce Commission/Labor Market and Career Information

"National Agricultural Library, Agricultural Research Service, U. S. Department of Agriculture"
Career Goals

Long term

• Make a career plan
• Follow your career plan
• Review and update career plan as needed

Short term

• Learn more
• Develop related skills
• Practice skills
• Get experience
• Gain education and training

http://www.iseek.org/careers/careergoals.html
Research Opportunities

- Research nutrition occupations using approved databases such as:
  - Encyclopedia Britannica Online
  - World Book Online
  - Ebsco
- Choose a career
- Locate information needed
- Write in note cards
- Be ready to present to class
Careers include, but are not limited to:

- Dietary Supervisor
- Dietitian
- Food Services Coordinator
- Institutional Food Services and Food Sales
- Medical Food Service Director
- Nutrition Coordinator
- Nutrition Educator
- Nutrition Writer/Reporter
- Weight Loss Reduction Specialist
References/Resources

Textbook:


Websites:

- American Diabetic Association
  The world’s largest organization of food and nutrition professionals.
  http://www.eatright.org

- Texas Cares
  A product of the Texas Workforce Commission/Labor Market and Career Information
  http://www.texascaresonline.com/

- United States Department of Labor
  Bureau of Labor Statistics
  http://www.bls.gov/oco/