

Career Guide:

DIETETICS

Dietitians use food and nutrition to promote health and manage disease, guiding people in nutrition and leading healthier lifestyles or achieving health-related goals. They also design dietary programs to prevent allergic reactions and alleviate the symptoms of many diseases.

INDUSTRY GROWTH IS TIED TO:

- An aging population that wants to stay healthy in their later years.
- Increasing number of people struggling with obesity.
- Interest in changing diet and lifestyle to be healthier and lose weight.



16% JOB GROWTH
THROUGH 2024



#82 IN 100 BEST JOBS
(U.S. NEWS & WORLD REPORT)



2016 MEDIAN SALARY: \$58,920

WHY PURSUE A CAREER IN DIETETICS

- Challenging and rewarding
- Opportunity to improve quality of life for others
- Variety of work with patients and varied settings
- Work with individual patients
- Rewarding work when efforts improve patient health
- Career in high demand
- Help treat and prevent disease

JOB TASKS AND DUTIES

- Assess nutritional and health needs of patients and clients.
- Counsel patients on nutritional issues and healthy eating habits.
- Develop meal plans and evaluate effectiveness.
- Promote better health by speaking to groups about diet and nutrition.
- Write reports to document patient progress.

DIETITIANS ARE:

- Analytical
- Good decision-makers
- Able to instruct others
- Creative problem-solvers
- Logical
- Empathetic
- Good listeners and communicators
- Skilled at assessing needs
- Compassionate



WHAT TO EXPECT IN A DIETETICS PROGRAM

A degree in dietetics provides you with a strong science foundation and practical, hands-on training in food safety and nutrition, so you can impact the health of others. You will learn how the body uses food to improve health throughout a patient's lifetime and plan nutritional programs in business and healthcare settings.

DIETETICS MAY BE A GOOD FIT IF YOU...

- Are interested in science and health.
- Are a good communicator, educator and counselor.
- Enjoy working with diverse populations.
- Are collaborative.
- Actively acquire new skills and remain current on existing skills.
- Enjoy food and cooking.
- Want others to live healthy lives.
- Want to work in healthcare.

CLASSES MAY INCLUDE:

- Physiology and anatomy
- Chemistry
- Biochemistry
- Microbiology
- Computer science
- Sociology
- Business
- Economics
- Food and nutrition sciences
- Food service systems management

LOOK FOR A PROGRAM THAT OFFERS:

- Opportunities for real-world experience in hospitals, nursing homes, schools and other settings.
- Faculty who are researchers and practicing dietitians.
- Accreditation by the Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.
- Opportunities to connect with the local community, through educational fairs, food drives, school outreach and more.

To learn about the Dietetics program at the University of Northern Colorado, visit us at [UNCO.EDU/NHS/NUTRITION-DIETETICS/](https://unco.edu/nhs/nutrition-dietetics/)

Before you declare your major in dietetics:

- Take a career assessment test to match your skills with potential jobs.
- Test out the industry by volunteering or working at a hospital in food service.
- Find a mentor who can give you insider insights on dietetics as a career.
- Shadow a dietitian to determine if you enjoy the work and if it interests and inspires you.

"You can gain all of the nutrition knowledge in the world, but if you don't know how to communicate the message it's difficult to be an effective dietitian. UNC taught me this, and how to be more effective as a dietitian."

—Bryan Snyder ('10), Director of Team Nutrition, Denver Broncos



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