

# 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

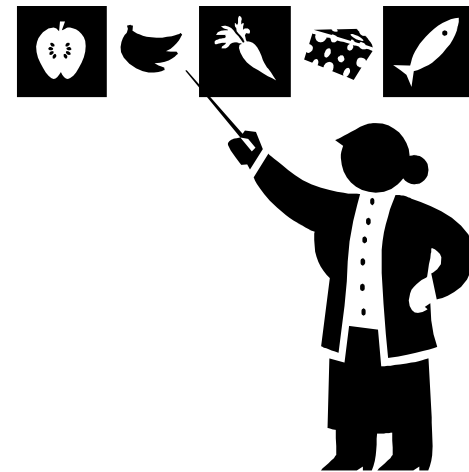
# Nutrition Professionals

## 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>



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

## Dietetic Technician

- From Texas Cares, a product of The Texas Workforce Commission/Labor Market and Career Information
- <http://www.texascaresonline.com/video/kiosk.asp>

# 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:

- Kowtaluk, Helen. *Food for Today*. Eighth. New York, New York: Glenco, McGraw-Hill, 2004. 678-684. Print.

## 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  
Occupational Outlook Handbook, 2010-11 Edition  
<http://www.bls.gov/oco/>