

# Dietitians and Nutritionists

SOC: 29-1031 • Career Profile Report

## ■ Key Facts

\$73,850

Median Salary

90,900

Employment

+6.0%

Growth Rate

## ■ Requirements & Salary Range

Education: Bachelor's degree

## ■ Automation Risk Assessment

**Low Risk** - 8.0% probability of being automated in the next 10-20 years.

This job is relatively safe from automation due to its creative, social, or complex problem-solving requirements.

## ■ Work-Life Balance

**8.7/10** - Excellent work-life balance

## ■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	5.4/10	Investigative	8.6/10
Artistic	4.8/10	Social	9.0/10
Enterprising	5.4/10	Conventional	6.2/10

## ■ Top Skills Required

Analytical skills, Compassion, Listening skills, Organizational skills, Problem-solving skills, Speaking skills

### ✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

### ■ Challenges

- Burnout Risk
- Rapid Technological Change

## ■ What They Do

Dietitians and Nutritionists assess, plan, and implement **nutrition programs to promote health, manage diseases, and improve overall well-being**. They evaluate clients' dietary needs, develop meal plans, and provide guidance on healthy eating. Their work is critical in healthcare, wellness, and community nutrition.

This career is well suited for individuals who enjoy health sciences, counseling, and promoting wellness.

## What Do Dietitians and Nutritionists Do?

These professionals analyze nutritional information, educate clients, and design dietary programs to meet individual or population needs.

Common responsibilities include:

- Assessing nutritional needs of individuals or groups
- Developing and implementing meal plans and dietary programs
- Providing counseling on healthy eating and lifestyle choices
- Monitoring patient progress and adjusting plans as needed
- Collaborating with healthcare providers and wellness professionals
- Educating communities about nutrition and disease prevention
- Maintaining records and documenting interventions

## Key Areas of Dietetics and Nutrition

Dietitians and nutritionists may specialize in specific populations or settings:

- Clinical Nutrition: Working with patients in hospitals or healthcare settings
- Community and Public Health: Designing nutrition programs for schools, organizations, or populations
- Sports and Performance Nutrition: Advising athletes and active individuals
- Food Service and Management: Planning menus and managing institutional food programs
- Research and Education: Conducting studies and educating on nutrition science

## Skills and Abilities Needed

Dietitians and nutritionists combine scientific knowledge, counseling, and analytical skills.

### ***Core Professional Skills***

### ***Personal Qualities That Matter***

## Education and Career Pathway

This role typically requires formal education and professional certification:

- Bachelor's Degree (minimum): Dietetics, nutrition, or related field
- Supervised Practice or Internship: Hands-on clinical or community experience
- Licensure or Certification: Required in most states to practice as a registered dietitian
- Continuing Education: Staying current on nutrition science, regulations, and best practices
- Advanced Degrees (optional): Master's or PhD for specialized practice or research roles

## Where Do Dietitians and Nutritionists Work?

They are employed in settings that provide nutrition services and promote health:

- Hospitals and Clinics
- Public Health and Community Programs
- Schools, Universities, and Research Institutions
- Fitness and Sports Organizations

- Food Service and Corporate Wellness Programs

Work environments include offices, clinics, hospitals, educational facilities, and community centers.

## Is This Career Difficult?

This career requires strong scientific knowledge, counseling ability, and attention to detail. Dietitians must create individualized plans, monitor compliance, and adapt strategies to achieve health outcomes.

## Who Should Consider This Career?

This career may be a strong fit if you:

- Enjoy health science and nutrition
- Are detail-oriented and analytical
- Have strong interpersonal and counseling skills
- Are interested in promoting wellness and preventing disease
- Want a career guiding individuals or communities toward healthy lifestyles

## How to Prepare Early

- Take courses in biology, chemistry, nutrition, and health sciences
- Volunteer or intern in healthcare, community, or food service settings
- Develop counseling and communication skills
- Gain experience in meal planning, dietary assessment, and health promotion
- Explore accredited dietetics programs and certification options

**Dietitians and nutritionists improve health and well-being by designing and implementing dietary programs, providing guidance, and promoting nutrition education.**