



# Dietitian

The food and  
nutrition experts.

# Registered Dietitian - RD

- ACEND Accredited Bachelors Degree in Dietetics
  - 4 years
- ACEND Accredited Internship
  - 9 months
- CDR National Exam
- Continuing Education Credits
  - ~ 15 hours/year



# Dietetic Technician, Registered - DTR



- ACEND Accredited Associates Degree
  - 2 years
- ACEND Accredited Dietetic Technician Program
- Supervised Practice
  - 450 hours
- DTR Exam



# Dietitian vs. Nutritionist

- RD is a legally protected title that can only be used by practitioners approved by ACEND.
- In 26 states, an RD can become a licensed nutritionist (LN), which is also a legally protected title.
  - In these states, including MT, it is illegal to give nutrition counseling without being an RD & LN.
- A nutritionist cannot be a dietitian without the credentials previously mentioned.

# Dietitian vs. Nutritionist

## Qualifications of a Nutritionist in MT

- Must be currently registered with the Commission on Dietetic Registration (Must be an RD).
- Must have graduated from an accredited college or university in the field of dietetics, food and nutrition, or public health.

## What can a nutritionist do?

- Assessing the nutrition needs of individuals and groups and determining resources and constraints in the practice setting.
- Establishing priorities and objectives that meet nutritive needs and are consistent with available resources and constraints.
- Providing nutrition counseling for any individual.
- Developing, implementing, and managing nutrition care systems; and
- Evaluating, adjusting, and maintaining appropriate standards of quality in food and nutrition services.

# Services of a Dietitian

- Disease treatment
- Disease prevention
- Academia
- Research
- Community
- Public Health
- Sports Nutrition
- Corporate Wellness
- Journalism





# Careers



- **Community Nutrition**
  - Schools
  - Public Health
- **Quantity Foods Management**
  - Hospital
  - Grocery Stores
- **Clinical Nutrition**
  - Renal (Kidney)
  - Sports
  - Oncology (Cancer)
  - Pediatric
  - Nutrition Support (Tube and IV feeding)

# \$\$\$ Dietitian \$\$\$

## Costs

- 4 year Degree
  - \$30,000-\$100,000
- Internship
  - \$0 - \$60,000
- Exam
  - \$200
- Continuing Education
  - As much as you would like to spend.
- Professional Memberships
  - \$150/year

## Salary

- Community
  - \$47,000
- Clinical
  - \$51,000
- Food Service
  - \$45,000



# Day in the life...

- There are so many career options for dietitians, your day could consist of...
  - Counseling patients on weight loss
  - Teaching a cooking class at Whole Foods Supermarket
  - Calculating tube feeding formulas
  - Writing an article for Women's Health Magazine



# Dietitians in Rural Areas



- Rural populations can not always support a dietitian.
- In smaller towns, a dietitian may play several roles...
  - Plan school meals
  - Private counselor
  - Advise public policies
- But, rural areas often have more space to start gardens and promote sustainability.
- Flexibility is key.



# Professionalism

- Trustworthy
- Competent
- Respectful
- Act with Integrity
- Considerate
- Empathetic
- Courteous
- Dependable
- Cooperative
- Committed







# Academy of Nutrition and Dietetics

- Academy of Nutrition and Dietetics
  - Eatright.org
- International Confederation of Dietetics Associations
  - <http://www.internationaldietetics.org/>
- Bureau of Labor Statistics
  - <http://www.bls.gov/oco/ocos077.htm>
- Montana Dietetic Association
  - [montanadieteticassociation.org](http://montanadieteticassociation.org)
- Montana Student Dietetic Association
  - [Msda-msu.webs.com](http://Msda-msu.webs.com)

# Questions



- Can you see yourself enjoying dietetic work? Why or why not?
- What types of foods do you like to eat and cook?
- What skills do you have that you think could be advantageous for a dietitian?
- Would you enjoy the one-on-one counseling aspect of a job like this?