Career Paths in Nutrition, Food, Health, and Wellness
What can you do with a Health and Wellness degree?

- Fitness
- Public Health
- Food Service
- PA Industry
- Sports Industry
- Media/Marketing
- Health Coach
- Private Practice
What can you do with a degree in Nutrition and Dietetics?

- Patient Care
- Public Health
- Food Service
- Food Industry
- Sports Nutrition
- Media/Marketing
- Research and Teaching
- Private Practice
The industry for dietitians and nutritionists is growing FAST – projected to grow **8%** from 2019 to 2029 much faster than average for all occupations.

Employment of fitness professionals is projected to grow **15%** from 2019 to 2029, much faster than average for all occupations.
What to put in your portfolio

Your portfolio should contain anything that shows your skills, talents and expertise!

Be sure your samples are your best work!

- Research Papers
- Nutrition Analysis Projects
- Nutrition Care Plans
- Previous Job Evaluations
- Consumer Education Materials
- Writing Samples

→ Check out the Career Center for resources
Helpful Tips

- Identify your transferable skills
- Go on informational interviews
- Develop unique skills and a reputation for excellence
- Keep different writing samples
- Show off your artistic skills (if you have them)
- Be a team player
- Show your willingness to jump in and work
Interview Tips

Find out what the acceptable salary range is before the interview.

• Check state payroll salaries

• Look at online salary websites to help you find the median pay for your degree and years of experience

• BLS data on earlier slides

• Ask people you know in the field: “What is a starting salary range for XXX position?”

• Do **NOT** ask people how much they make

• Do your research and ask questions!
The Academy of Nutrition and Dietetics is here to help in your search through development, advice, mentoring and networking.

Consider a membership:

Go to this link and click “student member:
https://www.eatrightpro.org/member-types-and-benefits

Benefits: https://www.eatrightpro.org/student-member-benefit-highlight
There are a variety of exiting career opportunities in the nutrition field!

- Healthcare (e.g., hospitals, assisted living)
- Food industry, supermarket dietitians
- Food and nutrition blogger, prepare literature on current nutritional issues, write food/nutrition/wellness articles
- Social media dietitian or health coach
- Food analysis
- Diet analysis software/apps/Web sites and wearable technology
Some “outside of the box” jobs held by food and nutrition graduates:

- Chiropractic office, running front desk, developing X-rays, doing exercise and nutrition consultations with patients. Also training as a chiropractic technician (which involves more clinical work)

- Correctional facility (prison)
  - Food service, clinical

- Working for the FDA regulating imports.

FSU Alum, Bryan Roof works as the Editorial Director for Cook's Country at America's Test Kitchen where he oversees the production of the print magazine and website content. He is also a cast member of Cook's Country TV, and the host of On The Road with Bryan, a food/travel show that digs deep into the stories behind America's most beloved restaurants and recipes.
What are our graduates doing?

- Northeast sales director for “Computation”
- Sodexo here on campus
- Quality Assurance Technician for corporate supermarket chain
- Health Educator, Yale University Wellness Center
- Quality Ingredient Manager for “Kashi” Foods
- Professional Research Assistant for NIH study
- Public School Food Service Director*
- Nutrition Team Specialist at the Trader Joe's
- Sales Rep for a pediatric medical nutrition company
- Nutrition Program Manager for grant funded program: Healthy Schools, Healthy Families

Cont.→
Our graduates are doing it all!

• Clinical Dietitian for **hospitals and nursing homes** (many different specialties – renal, cardiac, pediatric, bariatric)

• Sensory Analyst for “**Daymon Worldwide**” (designs, executes, and analyzes results from consumer tests and sensory evaluations of private label and competitive brand retail food products)

• Vice President: Client Support & Education with **The CBORD Group, Inc.** (**Food service company**).

• Community Nutritionist – **Head Start, WIC, YMCA**

• Nutrition Consultant for **USA Swim team**

• Sports Nutritionist at **private health club**

• Research positions at **Universities**

• Product trainer for “**Rewco, Inc.**”
Our graduates are doing it all!

Kayla Eugair is a clinical dietitian who conducts complete comprehensive nutrition assessments. She attends multidisciplinary rounds, conducts employee in-service educations, maintains up to date science based information and monitors the referrals for outpatient appointments. She also provides outpatient patients a comprehensive nutrition assessment and provides goals.

Olivia Marchioni is a neonatal dietitian. She provides nutrition support to infants in the NICU by determining optimal nutrition formulations. She monitors tolerance and growth on different feeding regimens to ensure it satisfies the baby’s calorie and nutrition needs.
Food Service

Schools: Check out School Nutrition Association of Massachusetts

Business and Industry - management positions

Government Jobs

Culinary Arts

Hospital/Restaurant Chains
  • SODEXO Marriott
  • Hannaford
  • Aramark
  • Morrison
  • Chartwells
  • Unidine

Health Care
  • Hospitals
  • Retirement Communities
Some positions require RD credential (e.g., Dietitian in a VA hospital), but many others do not.

All Federal jobs are listed on [www.USAjobs.gov](http://www.USAjobs.gov)
Search by keyword, location and by pay scale.
Someone with a BS but not an RD would probably look for positions in a GS-6 to GS-7 range.
Food Service
School Nutrition Director or Assistant Director

- With a BS in Food & Nutrition from FSU you will have a Foodservice Systems practicum experience and “ServeSafe” Food Safety and Sanitation Certification.

- While you’re a student at FSU you have opportunities to work with the John C. Stalker Institute to increase your school nutrition experiences.
  - Food Culture and Society Lab designated for school nutrition recipes from JSI
  - Undergraduate Internships – NUTR 495 Internship in Food and Nutrition
  - Graduate Assistantship Program
  - Volunteer opportunities and school nutrition projects

For More information, contact Karen McGrail, Director of JSI @ kmcgrail@framingham.edu

More information about JSI @ FSU can be found on the JSI web site.
Now offered via our graduate and continuing education program:

• 10 online courses and 2 semester internship in a school nutrition program
• Meets eligibility requirements to take SNA School Nutrition Specialist certification exam

The School Nutrition Association established a School Nutrition Specialist (SNS) Credentialing Program to enhance the professional image of school nutrition professionals, elevate professional standards and enhance individual performance.

For more information contact Dr. Ann Johnson
ajohnson3@framingham.edu
Clinical Dietitian jobs are typically in hospitals, assisted living facilities & nursing homes

Sample Job Description
Diet Technician: Responsibilities vary according to institution.

NOTE: you qualify to take the exam with a 4-year degree in Food and Nutrition Dietetics.

Diabetes Educator needs a certification. RN, PA, RD, or MS in health field required

Research Assistants in Clinical Trials
COMMUNITY

Offices in:
• Boston Area
• Cape Cod
• Central Mass
• Northeastern Mass
• Southeast Mass
• Western Mass

GOOD FOOD and A WHOLE LOT MORE!
- Elderly Nutrition Programs
- Food Banks:
  - Worcester
  - Western Mass.
  - Greater Boston
- UMass Extension Nutrition Education Program
- Expanded Food and Nutrition Education Program (EFNEP):
- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Become a “Freedom from Smoking Facilitator” through American Lung Association
MEDIA

- Social media dietitian/nutritionist/health coach
- Blogging
- Nutrition and health writer for health newsletter, magazine, Web site, including nutrition articles, “ask a nutritionist”, message board moderator
- Contributor or employee for nutrition or health-related internet company
- Health speaker
- Author - books, cookbooks
- Food critic
**Research**

**Places for Employment**

**Food Industry** - e.g. Ocean Spray

Ocean Spray Consumer Affairs Department
Ocean Spray Cranberries, Inc.
One Ocean Spray Drive
Lakeville-Middleboro, MA 02349
1-800-662-3263

**Federal Government US Army, Soldier Systems (Natick Lab)**

US Army Soldier Systems Center
Kansas Street
Natick, MA 01760
(508) 233-4300
Combat food program
Research Clinical Trials

- PAREXEL Headquarters:
  200 West Street Waltham, MA 02451-1163

- HSPH Nurses Study – Harvard

- USDA Human Nutrition Laboratory on Aging
• Be an interviewer for large national surveys such as NHANES.

• “Westat” is the contractor for NHANES and many other surveys, and openings are listed on their Web site: Ex: “Field data collectors”
Food Research
Additional Training

Food Science Courses
• Food Analysis
• Food Chemistry
• Food Microbiology
• Food Engineering and Processing
  • Minor in Food Science
  • Take communications courses
Academic professionals use the Career Center to search for current job openings and students can research future careers in kinesiology.
• Keep prior certifications up-to-date and documented: Personal Trainer, Lifeguard, First Aid/CPR, etc.

• Possible to work with variety of audiences - children, adults, elderly

• Increased interest in diet analysis/software skills

**Note:** recent job posting for Nutritionists at area YMCAs
ACSM Top 10 Worldwide Fitness Trends for 2023

1. Wearable Technology
2. Strength Training with Free Weights
3. Body Weight Training
4. Fitness Programs for Older Adults
5. Functional Fitness Training
6. Outdoor Activities
7. High Intensity Interval Training (HIIT)
8. Exercise for Weight Loss
9. Employing Certified Fitness Professionals
10. Personal Training
11. Core training
12. Circuit training
13. Home exercise gyms
14. Group exercise training
15. Exercise is Medicine
16. Lifestyle medicine
17. Yoga
18. Licensure for fitness professionals
19. Health/well-being coaching
20. Mobile exercise apps
Sport
Certifications

ACSM (American College of Sports Medicine)
• Group exercise instructor, Personal Trainer, Exercise Physiologist, Clinical Exercise Physiologist

ACE (American Council on Exercise) Certifications:
• Group Fitness Instructor, Health coach, Personal Trainer
• Fitness Nutrition Specialist Certification
Consider training or certification in any of these:

- First Aid
- CPR
- Water Safety
- Yoga
Sports

Careers that may require graduate school or additional training

- Adapted PE
- Athletics administrator
- Coaching
- Research
- Strength and conditioning
- Nursing
- Occupational therapy

- Physical education
- Physical therapy
- Sports journalist
- Fitness and wellness blog
- Sports marketing
- Sports management
  - Minor available at FSU through the business department!
Health Education

Places for Employment

• HMOs
• Family Planning
• American Cancer Society
• Red Cross
• March of Dimes
• Lung Association
  • (Get Facilitator Training for American Lung Association's adult smoking cessation program)
• American Heart Association
• Schools – Teaching
• Worksites – Corporate Wellness Program
Massachusetts Teacher Certification in is available.

Massachusetts teacher license: An Initial License requires passing scores on the appropriate MTEL exam and completion of a DESE-approved educator preparation program.

Master’s degree programs at:

- Bridgewater State University
- Springfield College
- Cambridge College
Health and Wellness Coach

- Credential:
  - National Board of Health and Wellness  [http://ncchwc.org](http://ncchwc.org)
  - Recent listings for health and wellness coordinators at the YMCAs

Some training offered through the Mayo Clinic

Learn More about Mayo Clinic's Healthy Living Center

Healthy Living® home cooking classes and personalized counseling
Minor Computer Science and/or take Introduction to Information Technology (Gen. Ed. II-A)

Develop your skills:
• Diet analysis
• Presentation software
• Spreadsheets
• Data control

Develop your skills:
• Statistics
• Internet research
• Writing – technical
• Design - graphic

**IT is a transferable skill for most jobs

Computers Nutrition Software Companies

Computrition - Bedford, MA & Chatsworth, CA

Nutritionist Pro
Business
Additional Training

Helpful to have a minor:

• Business
• Writing
• Computer science
• Marketing
• Communication
Business Employment Opportunities

• Computer Companies

• Pharmaceutical Companies
  • Novartis – Local - Sells glucose monitors and other diagnostic equipment
    Attn: Human Resources
    200 Prospect Street
    Waltham, MA 02454-9141
    Fax: 781-899-6259
  • Ross Pharmaceuticals
  • Pfizer Pharmaceuticals
  
  ❖ Some pharmaceutical and/or blood glucose meter companies seek personnel with nutrition expertise

• Food Companies

• Fitness equipment
Food Companies

• Whole Foods: Example of recent listing: Prepared Foods Department Manager

• Trader Joes: Example of recent listing: Nutrition Team Specialist
Private Practice in Nutrition

- Counseling skills required
- Combine nutrition degree with other specialized training
- State licensure is needed for an private practice RD
- Need to develop a business plan to focus yourself
- *Not recommended* for you right out of college – need experience
Private Practice
Work Towards a Creative Niche

Nutrition counseling with:

- Personal chef
- Personal training
- Complementary health practices
- Family and nutrition counseling
Requires 4-year degree in nutrition and 1000 hours of work experience in the nutrition field

Here are some good reasons to apply:

• Ability to accept reimbursement by MA insurance companies
• Increased credibility with employers (licensure is often required)
• Simplified the process for obtaining dietetic licensure or certification in other states
• Identification as a state-regulated, ethical and effective professional
• Expanded consumer trust in your professional nutrition qualifications

Consider School Food Service here at FSU:
  • MEd with a specialization as a School Nutrition Specialist (4+1 degree)
  • MS in Nutrition Science (4+1 degree)

MBA or MS in “Food Marketing”
  • St. John’s University

• MPH (Master of Public Health)

• Other Health Fields
  • Physician Assistant School
  • Accelerated BSN
Army-Baylor Graduate Program Nutrition (GPN) & Dietetic Internship (DI)

- Tuition Free Master’s Degree and Dietetic Internship
- Choice between 4 Army Hospitals for Internship
- Paid as a 2nd Lieutenant Officer
- Free Healthcare
- Program will allow fully qualified dietitians (e.g., fully qualified Dietitians with only a BS or MS degree with DPD verification requiring internship) to apply

**For more information, please contact LTC Nicholas D. Barringer, PhD, RDN, CSSD, CSCS at 210-221-6305**
65C Direct Commission Dietitian

- ACEND accredited Bachelor’s degree (or higher) with internship
- Starting pay as a 1st Lieutenant
- Student Loan Repayment up to $120,000
- Commissioning bonus of $30,000
- Develops food/hydration guidelines based on mission, environment and available foods
- Conducts comprehensive nutrition assessment of Soldiers
- Evaluates menus of contract food providers and provides guidance for recovery foods/supplements during sustained operations

**For more information, please call LTC Nicholas D. Barringer, PhD, RDN, CSSD, CSCS at 210-221-6305**
Many institutional members of the American Kinesiology Association have graduate programs:

→ Kinesiology is a diverse field with many opportunities (e.g., physiology, psychology, sociology, biomechanics, etc. ...)

Graduate School Fitness
Common Food and Nutrition Job Titles

Dietitian
Nutritionist
Food Service Manager
Child/School Nutrition Specialist
Nutrition Educator
Community Health Educator
Sales Representative
Research Scientist
Common Fitness Titles

- Personal Trainer
- Physical Education Teacher/Instructor
- Head/assistant Coach
- Strength and Conditioning Specialist
- Activities Director
- Fitness Club/Department Manager
- Academic Counselor (NCAA)
- Sales Representative
If you’re interested in...

- Psychology
- Stress management
- Disordered eating
- Eating disorders

Combine your nutrition knowledge with a graduate degree in counseling.
Websites to Find Nutrition Job Postings:

- Jobrapido
- Nutrition Jobs
- Dietitians on Demand
- Indeed
- Career Builder
- Monster
Social Media with Job Postings:

• Build Up Dietitians – Jobs (Facebook)
• Dietitian Jobs (Facebook and Instagram)
• Virtual Assistants for Dietitians (Facebook)
• Dietitian Side Hustle (Facebook and Instagram)
• The Unconventional RD Community (Facebook)
Helpful Links

- MA State RD Salaries: https://chtrupayroll.mass.gov/#!/year/2023/full_time_employees,others/pay1,pay2,pay3,pay4/explore/0-0-0-0-0/position_title/Dietitian+I/0--0/department_division
- Salary Web site: www.Salary.com
- Academy of Nutrition and Dietetics: https://www.eatrightpro.org/career/career-resources
- Health Careers: https://www.healthecareers.com
- School Nutrition of Massachusetts: https://www.schoolnutrition.info/default.aspx
- USA Jobs: https://www.usajobs.gov
Helpful Links

- John Stalker Institute: [https://johnstalkerinstitute.org](https://johnstalkerinstitute.org)
- FSU Graduate Certificate in School Nutrition Specialist: [https://www.framingham.edu/academics/graduate-studies/graduate-certificate-programs/graduate-certificate-school-nutrition-specialist/graduate-certificate-in-school-nutrition-specialist](https://www.framingham.edu/academics/graduate-studies/graduate-certificate-programs/graduate-certificate-school-nutrition-specialist/graduate-certificate-in-school-nutrition-specialist)
- School Nutrition Association Credentialing: [https://schoolnutrition.org/careers-training/certificate-credentialing/credentialing/](https://schoolnutrition.org/careers-training/certificate-credentialing/credentialing/)
- Career Planner Sample Job Description: [https://dot-job-descriptions.careerplanner.com/DIETITIAN-CLINICAL.cfm](https://dot-job-descriptions.careerplanner.com/DIETITIAN-CLINICAL.cfm)
- Academy of Nutrition and Dietetics, Become an RDN: [https://www.eatright.org/become-an-rdn](https://www.eatright.org/become-an-rdn)
- Certification Board for Diabetes Care and Education: [https://www.cbdce.org](https://www.cbdce.org)
- WIC jobs: [http://www.fns.usda.gov/wic/jobs-wic or call 1-800-WIC-1007](http://www.fns.usda.gov/wic/jobs-wic or call 1-800-WIC-1007)
- Mass Massachusetts Senior Nutrition Projects: [https://www.mass.gov/service-details/nutrition-program-sites](https://www.mass.gov/service-details/nutrition-program-sites)
Helpful Links

- Worcester County Food Bank: [https://foodbank.org](https://foodbank.org)
- The Food Bank of Western Massachusetts: [https://www.foodbankwma.org](https://www.foodbankwma.org)
- UMass Extension Nutrition Education Program [https://ag.umass.edu/nutrition](https://ag.umass.edu/nutrition)
- Expanded Food and Nutrition Education Program (EFNEP): [http://ag.umass.edu/nutrition/efnep](http://ag.umass.edu/nutrition/efnep)
- American Lung Association, Become a Facilitator: [https://www.lung.org/quit-smoking/join-freedom-from-smoking/become-a-facilitator](https://www.lung.org/quit-smoking/join-freedom-from-smoking/become-a-facilitator)
- USDA Human Nutrition Laboratory on Aging: [http://hnrca.tufts.edu/careers](http://hnrca.tufts.edu/careers)
- Westat: [https://www.westat.com/careers](https://www.westat.com/careers)
Helpful Links

- YMCA Career Opportunities: [https://www.ymca.org/get-involved/careers/opportunities/open-positions](https://www.ymca.org/get-involved/careers/opportunities/open-positions)
- ACSM (American College of Sports Medicine): [www.acsm.org](http://www.acsm.org) or call 317-637-9200
- ACE (American Council on Exercise): [www.acefitness.org](http://www.acefitness.org) or 800-234-9229
- ACE (American Council on Exercise) Certifications Fitness Nutrition Specialist Certification: [https://www.acefitness.org/continuing-education/specialist-programs/fitness-nutrition/?campaignid=16007274387&adgroupid=13226427226&adid=578183240364&gclid=EAaIqobChMl69Wm4s7T-wIC67ICh2P6QNQEAAYASAAEgKt3vD_BwE](https://www.acefitness.org/continuing-education/specialist-programs/fitness-nutrition/?campaignid=16007274387&adgroupid=13226427226&adid=578183240364&gclid=EAaIqobChMl69Wm4s7T-wIC67ICh2P6QNQEAAYASAAEgKt3vD_BwE)
- Massachusetts Department of Elementary and Secondary Education Licensure: [https://www.doe.mass.edu/licensure/academic-prek12/teacher/field-grade-levels.html](https://www.doe.mass.edu/licensure/academic-prek12/teacher/field-grade-levels.html)
- National Board of Health and Wellness: [http://ncchwc.org](http://ncchwc.org)
- Mayo Clinic: [https://jobs.mayoclinic.org](https://jobs.mayoclinic.org)
Helpful Links

- Bayer http://pharma.bayer.com/
- Diagnostic Devices http://www.diagnostic-devices.com/
- Hypoguard http://www.arkrayusa.com/
- Lifescan http://www.lifescan.com/
- U.S. Diagnostics http://www.usdiagnostics.net/
- List of companies: http://www.diabetesmonitor.com/glucose-meters/brands
- Nova Biomedical: https://www.novabiomedical.com/careers/
- Trader Joes: https://www.traderjoes.com/home/careers
- Massachusetts Board of Registration of Dietitian and Nutritionists: https://www.mass.gov/orgs/board-of-registration-of-dietitians-and-nutritionists
- FSU School Nutrition Specialist: https://www.framingham.edu/academics/graduate-studies/graduate-certificate-programs/grad-certificate-school-nutrition-specialist/graduate-certificate-in-school-nutrition-specialist
Helpful Links

- St. John’s University: [https://www.sju.edu/haub-school-business/](https://www.sju.edu/haub-school-business/)

- Army Baylor Graduate Program in Nutrition [https://www.baylor.edu/graduate/nutrition/](https://www.baylor.edu/graduate/nutrition/) or contact Anthony Ezman at (617) 279-3605

- American Kinesiology Association: [https://americankinesiology.org/member-departments/](https://americankinesiology.org/member-departments/)

- FSU MA concentration in counseling psychology: [https://www.framingham.edu/academics/graduate-studies/graduate-degree-programs/master-of-arts-counseling-psych-licensing/ma-concentration-in-counseling-psychology-licensure-track](https://www.framingham.edu/academics/graduate-studies/graduate-degree-programs/master-of-arts-counseling-psych-licensing/ma-concentration-in-counseling-psychology-licensure-track)

- Jobrapido: [https://us.jobrapido.com/?w=nutrition&l=usa&r=auto](https://us.jobrapido.com/?w=nutrition&l=usa&r=auto)


- Career Builder: [http://www.careerbuilder.com/?sc_cmp2=js_home_cblogo](http://www.careerbuilder.com/?sc_cmp2=js_home_cblogo)


- Dietitians on Demand: [http://dietitiansondemand.com/](http://dietitiansondemand.com/)