



**FRAMINGHAM
STATE
UNIVERSITY**

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**

EXCITING NEWS!

The US Bureau of Labor Statistics reports:

- 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!



Employment

- 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

There are a variety of exiting career opportunities in the nutrition field!



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 “**CompuTrition**”
- **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



National Institutes
of Health

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**



sodexo

aramark

UNIDINE

Health Care

- **Hospitals**
- **Retirement Communities**

morrison
healthcare

BELIEVE IN THE POWER OF FOOD

chartwells



Food Service Government Jobs

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
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.



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY



**FRAMINGHAM
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UNIVERSITY**

Food Service

Graduate Certificate in School Nutrition

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

Clinical Dietitian jobs are typically in hospitals, assisted living facilities & nursing homes

[Sample Job Description](#)





Clinical

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





GOOD FOOD *and*
A WHOLE LOT MORE!

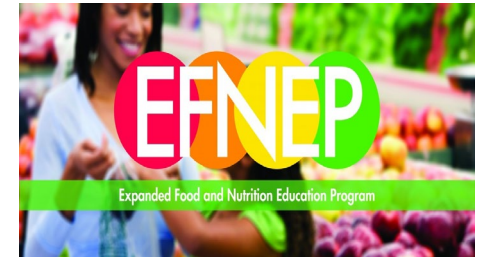
Offices in:

- Boston Area
- Cape Cod
- Central Mass
- Northeastern Mass
- Southeast Mass
- Western Mass



COMMUNITY

- 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

parexel®



Research For the Traveler

- 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

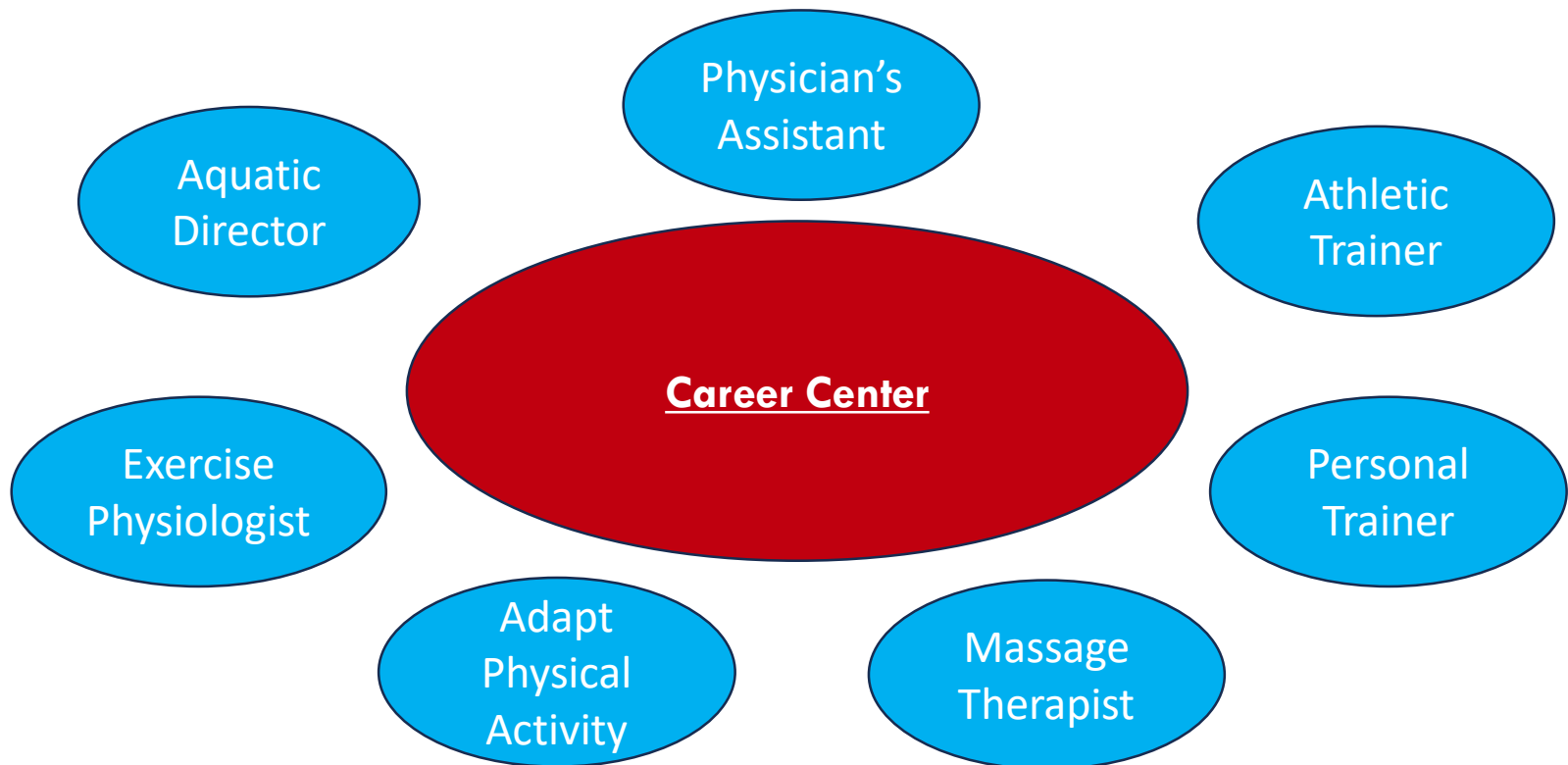
- Food Analysis
- Food Chemistry
- Food Microbiology
- Food Engineering and Processing
 - Minor in Food Science
 - Take communications courses



Sports



Academic professionals use the Career Center to search for current job openings and students can research future careers in kinesiology.





Sports

- 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**

Wearable Technology  1	Strength Training with Free Weights  2
Body Weight Training  3	Fitness Programs for Older Adults  4
Functional Fitness Training  5	Outdoor Activities  6
High Intensity Interval Training (HIIT)  7	Exercise for Weight Loss  8
Employing Certified Fitness Professionals  9	Personal Training  10

Sport Trends



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



**American
Red Cross**



Health Education

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>
- 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

COMPUTRITION
FOODSERVICE SOFTWARE SOLUTIONS

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

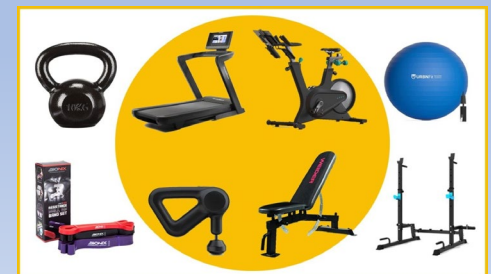
Fax: 781-899-6259

- 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





MA Board of Registration of Dietitians and Nutritionists

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

<https://www.mass.gov/orgs/board-of-registration-of-dietitians-and-nutritionists>

Graduate School: Food and Nutrition

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

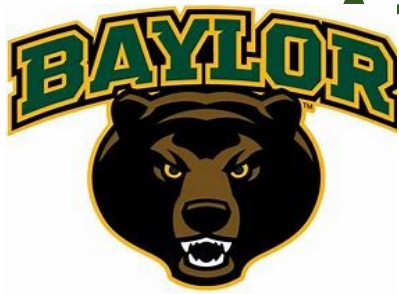
- Physician Assistant School
- Accelerated BSN



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UNIVERSITY**



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**

Graduate School Fitness

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. ...)



AKA

American Kinesiology Association

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

jobrapido

➤ Nutrition Jobs

➤ Dietitians on Demand

DIETITIANS ON DEMAND

➤ Indeed

indeed

➤ Career Builder

MONSTER

➤ 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 ↓

- US Bureau of Labor Dietitians and Nutritionists: <https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>
- US Bureau of Labor Fitness Trainers and Instructors: <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>
- FSU Career Services: <https://www.framingham.edu/student-life/student-experience-and-career-development/career-development/>
- MA State RD Salaries: [https://cthrupayroll.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](https://cthrupayroll.mass.gov/#!/year/2023/full%20time%20employees,others/pay1,pay2,pay3,pay4/explore/0-0-0-0-0/position%20title/Dietitian+I/0--0/department%20division)
- Salary Web site: www.Salary.com
- Academy of Nutrition and Dietetics: <https://www.eatrightpro.org/career/career-resources>
- Health Careers: <https://www.healthcareers.com>
- School Nutrition of Massachusetts: <https://www.schoolnutrition.info/default.aspx>
- USA Jobs: <https://www.usajobs.gov>
- ServeSafe Starter Guide: <https://www.serve-safe.com/Getting-Started-Guide>

↓ Helpful Links ↓

- JSI Resource Center: <http://johnstalkerinstitute.org/blog/jsi-resource-center/>
- John Stalker Institute: <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>
- School Nutrition Association Credentialing: <https://schoolnutrition.org/careers-training/certificate-credentialing/credentialing/>
- Career Planner Sample Job Description: <https://dot-job-descriptions.careerplanner.com/DIETITIAN-CLINICAL.cfm>
- Academy of Nutrition and Dietetics, Become an RDN: <https://www.eatright.org/become-an-rdn>
- Certification Board for Diabetes Care and Education: <https://www.cbdce.org>
- WIC jobs: <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>

↓ Helpful Links ↓

- Worcester County Food Bank: <https://foodbank.org>
- The Food Bank of Western Massachusetts: <https://www.foodbankwma.org>
- UMass Extension Nutrition Education Program <https://ag.umass.edu/nutrition>
- Expanded Food and Nutrition Education Program (EFNEP): <http://ag.umass.edu/nutrition/efnep>
- Supplemental Nutrition Assistance Program Education (SNAP-Ed): <http://ag.umass.edu/nutrition/snap-ed>
- American Lung Association, Become a Facilitator: <https://www.lung.org/quit-smoking/join-freedom-from-smoking/become-a-facilitator>
- Ocean Spray Jobs: <http://www.oceanspray.coop/Careers.aspx>
- Federal Government US Army, Soldier Systems (Natick Lab): <https://www.army.mil/natick>
- PAREXEL: <http://www.parexel.com/> or call 781-487-9900
- HSPH Nurses Study – Harvard: <http://www.channing.harvard.edu/nhs/>
- USDA Human Nutrition Laboratory on Aging: <http://hnrca.tufts.edu/careers>
- Westat: <https://www.westat.com/careers>

↓ Helpful Links ↓

- YMCA Career Opportunities: <https://www.ymca.org/get-involved/careers/opportunities/open-positions>
- **ACSM** (American College of Sports Medicine): www.acsm.org or call 317-637-9200
- **ACE** (American Council on Exercise): 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=132262427226&adid=578183240364&gclid=EALalQobChMI69Wm4s7T-wIVC67ICh2P6QNQEAAAYASAAEgKt3vD_BwE
- Massachusetts Department of Elementary and Secondary Education Licensure: <https://www.doe.mass.edu/licensure/academic-prek12/teacher/field-grade-levels.html>
- National Board of Health and Wellness: <http://ncchwc.org>
- Mayo Clinic: <https://jobs.mayoclinic.org>
- Computrition: <http://www.computrition.com/career-opportunities/>
- Nutritionist Pro: <http://www.nutritionistpro.com/>
- Abbott <http://www.abbottdiabetescare.com/>
- AgaMatrix <http://agamatrix.com/>
- Bayer <http://pharma.bayer.com/>

↓ 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/>
- Whole Foods: <https://careers.wholefoodsmarket.com/global/en>
- 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/>
- Army Baylor Graduate Program in Nutrition <https://www.baylor.edu/graduate/nutrition/> or contact Anthony Ezman at (617) 279-3605
- American Kinesiology Association: <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>
- Jobrapido: <https://us.jobrapido.com/?w=nutrition&l=usa&r=auto>
- Nutrition jobs: <http://www.nutritionjobs.com/>
- Indeed: <http://www.indeed.com/jobs?q=Nutrition&l=USA>
- Career Builder: http://www.careerbuilder.com/?sc_cmp2=js_home_cblogo
- Monster: <http://www.monster.com/>
- Dietitians on Demand: <http://dietitiansondemand.com/>