



Nutrition

A Nutritionist helps plan meals and menus based on the health and needs of individuals. They are experts on how to manage disease through food choices.



Are you a person who:

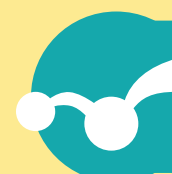
- Appreciates the importance of healthy eating?
- Likes giving advice about making good choices?
- Makes decisions based on scientific findings?



What is the salary?

\$38,000 – \$60,000

Employment
outlook



How can you prepare to become a Nutritionist?

- Study a disease, such as heart disease, and plan a menu for healthy eating.
- Help an older family member improve eating choices.
- Read the labels of your favorite foods and consider changing eating habits.



Career steps

Registered Dietician
Dietetic Technician



How much schooling is needed?

Associate's or Bachelor's Degree



What are similar careers?

- Health Teacher
- Chef
- Athletic Trainer



“
*Ever hear ‘You are what you eat’?
I love being the person who makes
sure residents can become a
healthier version of themselves.”*