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

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.

How much schooling is needed?

Associate’s or Bachelor’s Degree

What are similar careers?

- Health Teacher
- Chef
- Athletic Trainer

Career steps

Registered Dietician
Dietetic Technician

Employment outlook

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