

Career in Diet & Nutrition

Wellness Begins with the Right Nutrition

A Dietitian and Nutritionist are experts in the field of healthcare with the knowledge of nutrition and dietetics. They improve people's quality of life by evaluating various physical and psychological factors including gender, age, sickness, food habits and other health conditions to suggest an appropriate diet plan. Although the terms dietitian and nutritionist are often used loosely, they are not interchangeable. A nutritionist can become a dietitian by taking the relevant certification course and training, and securing a license (applicable only in some countries including India). All dietitians can call themselves nutritionists or dietitian-nutritionist. However, nutritionists without a proper dietitian degree calling themselves dietitians or dietitian-nutritionists is not legally permitted.



Career Prospects

Obesity-related health issues are a growing concern, with 5% of India's population affected. This has increased the demand for dietitians and nutritionists. After passing the Registered Dietitian exam by the Indian Dietetic Association, professionals can work independently or in hospitals, clinics, health centers, sports facilities, or private practice. Their role involves planning and monitoring diets based on a patient's health, lifestyle, and dietary needs. Career options include clinical and consultant dietitians, food technologists, and nutrition counselors, with opportunities in hospitals, public health agencies, fitness centers, and food service management.



Job Roles

Dietitians and nutritionists are needed beyond hospitals and clinics, including in sports clubs, slimming centers, food manufacturing, hotel catering, and media.

- Clinical dietitian in healthcare
- Community dietitian in public health
- Food service manager in institutions
- Consultant for specialized dietary programs
- Public health nutritionist
- Sports nutritionist
- Private practice nutritionist
- Food industry nutrition specialist
- Nutrition educator

Specialized Certifications:

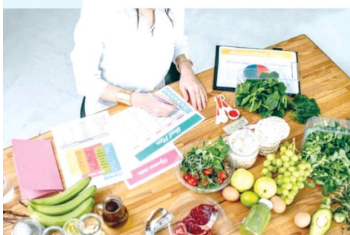
- Registered Dietitian (India, Canada)
- Certified Nutritionist and Dietitian (India)
- Certified Sports Nutritionist (India)
- Certified Nutrition Practitioner (Canada)
- Holistic Nutritionist Certification (Canada)
- Registered Dietitian Nutritionist (USA)
- Certified Nutrition Specialist (USA)
- Certified Clinical Nutritionist (USA)
- Certified Specialist in Sports Dietetics (USA)
- Board Certified in Holistic Nutrition (USA)

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Examinations:

- RD Exam (India)
- University/college-based nutritionist certification exams (India)
- Canadian Dietetic Registration Examination (Canada)
- Commission on Dietetic Registration Exam (USA)
- Certified Nutrition Specialist Exam (USA)
- State-specific licensure exams (USA)



- By **Smita Vikhankar (Mo. 95525 97395)**
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Top Colleges:

India

Duration : 1 - 4 Years

Fee per course/annum: ₹20,000 - 30,000

- Symbiosis School of Biological Sciences, Symbiosis International University (Pune)
- SNTD Women's University (Pune)
- MIT-WPU (Pune)
- Tilak Maharashtra Vidyapeeth (Pune)
- Bharati Vidyapeeth Deemed University (Pune)
- Dr. D.Y. Patil Vidyapeeth (Pune)
- Institute of Home Economics (Delhi)
- Lady Irwin College (Delhi)
- National Institute of Nutrition (Hyderabad)
- AIIMS (Multiple Locations)
- SNTD Women's University (Mumbai)
- Mount Carmel College (Bangalore)
- University of Madras (Chennai)
- Amity University (Multiple Locations)
- Maharaja Sayajirao University of Baroda (Vadodara)
- Tamil Nadu Dr. M.G.R. Medical University (Chennai)

Canada

Duration: 4 - 5 years

Fee per course/annum: Can \$17,000 - Can \$46,000

- University of British Columbia
- McGill University
- University of Toronto

USA

Duration: 4 Years

Fee per course/annum: USA \$11,000 - \$53,000

- Cornell University
- Purdue University
- University of Texas at Austin

