WHICH DEGREE IS RIGHT FOR YOU?
Dietetics or Nutrition and Health

<table>
<thead>
<tr>
<th>Dietetics</th>
<th>Nutrition and Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathway to attaining</td>
<td>Pathway to becoming a nutritionist</td>
</tr>
<tr>
<td>Registered Dietitian Nutritionian (RDN) credential</td>
<td>NOT to earning Registered Dietitian Nutritionian (RDN) credential</td>
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</tbody>
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### Do you enjoy?

- Counseling
- Science of food and nutrition
- Nutrition Care Process
- Medical nutrition therapy

- Education on a nutritional lifestyle
- Nutrition and health promotion
- Researching nutrition and the effects on the human body

### Places of employment

- Clinical nutrition practice
- Community nutrition
- School nutrition practice
- Food production management
- Education and research
- Private practice

- Health care setting
- Community nutrition
- Public health education
- Corporate wellness
- Research
- Pharmaceuticals

### Keep in mind

Every dietitian is a nutritionist, however, not every nutritionist is a dietitian.
In healthcare, Registered Dietitian Nutritionists are recognized as nutrition experts holding a medical credential.
RDNs focus on both normal nutrition and nutrition care for diseases.

Nutritionists emphasize nutrition education and public health.
There are numerous career pathways.
This is a great stepping stone to other health professions, such as nursing, becoming a physician assistant or others.

For more info, contact:
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