

WHICH DEGREE IS RIGHT FOR YOU?

Dietetics or Nutrition and Health

Dietetics

Pathway to attaining
Registered Dietitian Nutritionist
(RDN) credential

Nutrition and Health

Pathway to becoming a nutritionist
NOT to earning Registered Dietitian
Nutritionist (RDN) credential

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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