

NUTRITION..... NOW WHAT?**What You Can Do with a Nutrition Degree**

Nutrition is the study and application of the relationship between foods and health. The challenges facing nutritionist's today range from problems of obesity and chronic diseases to those of malnutrition, food insecurity and nutritional deficiencies. Nutritionists work in hospitals and clinics, communities, and institutions throughout the world. Nutritionists provide dietary counseling and education, conduct research, develop menus and foodservice systems, and deliver many other services for individuals and populations.

Careers in Nutrition

Blogger	Medical Writer
Clinical Nutritionist	Medical Equipment Developer
Consumer Advocate	Menu Developer
Dietitian	Nutrition Consultant
Entrepreneur	Product Developer
Flavorist	Pharmacist
Food Chemist	Public Health Planner
Food Microbiologist	Quality Control Specialist
Food Packaging Specialist	Research Assistant
Food Production Manager	Research Chef
Food Safety Auditor	Retail Sales Associate
Food Service Manager	Sensory Specialist
Food Photographer	Teacher
Health Care Aid	Sports Nutritionist
Health Educator/Promoter	Sensory Evaluator
Home Economist	Wellness Coordinator
Laboratory Manager	Weight Management Counselor

What Areas Can You Work In With a Nutrition Degree?

- Clinical Dietetics (RD Usually Required)
 - Hospitals
 - Long-term Care Facilities
 - Outpatient Settings
 - Schools/Universities
- Food and Nutrition Management
 - Hospitals
 - Long-term Care Facilities
 - Rehab Centers
 - Schools/Universities
 - Spas and Recreational Facilities
- Consult/Private Practice
 - Weight management, eating disorders, sports nutrition, or diabetes counseling
 - Cookbook, educational programs, newspapers, journals, magazines, etc. writing
 - Health Club Consulting
- Public Health Nutrition
 - Women, Infants, and Children (WIC)
 - Public Health Department or State Agency
 - Cooperative Extension
 - Congregate Meals Program

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>

- Education and Research
 - College/University Health Professional
 - Culinary School
 - State Board of Education (Curriculum)
 - Worksite Wellness (Teacher of nutrition, exercise, fitness, etc.)
 - Clinical protocols, interventions, and trials
- Public Policy/Government
 - Staff resource to legislator
 - Government Agency Worker (USDA, FDA, NIH)
 - Supplement labeler
 - Lobbyist for state
- Business and Industry
 - Information Technology (CBORD, Compu-Cal, Computrition, ESHA Research, First DataBank)
 - Nutritionals (Mead Johnson, McNeil Consumer Healthcare)
 - Pharmaceuticals (Elie Lily, GlaxoSmithKline, Merck, Pfizer)
 - Food Service Equipment (Diversey Lever, Ecolab, Hamilton Beach Commerical, Hobart)
 - Food Service Contract Management (Aramark Healthcare, Morrison Management, Sodexo)
 - Food Service Vendors (Precision Foods, Super Bakery, Sysco, US Foodservice)
 - Medical Equipment (Bodystat, HealtheTech, Johnson & Johnson)
 - Trade Associations (Cranberry Institute, Dairy Council, Peanut Institute, Pork Producers)
- Media
 - Commodity Groups
 - Public Relations Firms
 - Nutrition Education for the Public (Radio, Newspapers, Magazines)
- International Food Organizations
 - Peace Corps
 - Non-Governmental Organizations (9CARE, Food for the Hungry, World Relief)
 - USAID

List of organizations where UMass Amherst Nutrition students have had internships in the past

(This is in no way an all-inclusive listing, it is provided to give you some ideas only)

- Amherst Survival Center, Amherst, MA
- Center for Extended Care, Amherst, MA
- CISA, South Deerfield, MA
- Community Action of Franklin, Hampshire, MA
- Marble Collection (High Schools), Lakeville, MA
- Rodale Press, Emmaus, PA
- Tapestry Health, Amherst, Ma
- The Yellow House, Palmer, MA
- Vinfen, Cambridge, MA
- Women, Infants and Children Nutrition Program (WIC), Amherst, MA

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>

Career Planning Resources & Websites

[Academy of Nutrition and Dietetics](#) The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. This website has it all, career, research, practice, leadership, advocacy.

[American Society for Nutrition](#) Graduate program directory, job listings, research etc.

[American Nutrition Association](#) Jobs, graduate schools, networking, events.

[Bureau of Labor Statistics](#) Provides an in-depth look at various occupations, dietitians, nutritionists, food service managers, dietetic technicians, agricultural and food scientist. They break down work environment, training, pay, job outlook and more. Plus this [one](#).

[Dietitians and Nutritionists](#) Career Information from CollegeGrad.com

[Health Careers](#) Provides a more in-depth look at these occupations: Nutritionist, Sports Medicine, Exercise Physiologist, Physician, Nurse, Health Educator, Health Information Manager, Occupational Therapist, and Clinical Laboratory Scientists.

[National Association of Nutrition Professionals](#) Have to join to view current jobs.

UMass Amherst Specific Job Search Resources

[Handshake](#) UMass Amherst's database of jobs and internships. (If you are a returning student, please note this is a different database than the previous one, so it will look different, and have the same if not better features and function) as of July 2018.

[Five College Consortium; Program in Culture, Health and Science](#) Information on certificate and courses as well as Internship opportunities with CDC, Mass life Science Center and Global Health through Education, Training and Service.

[Office of Undergraduate Research & Studies \(OURS\)](#) located in the Learning Resource Center in the Library at 10th and 20th floors will help find research opportunities.

[UMass Amherst Department of Nutrition](#) website lists: Dietetic Internships, Non RD career options, Further education, tips and timetables and interview information.

[Check out our Volunteer and Field Experiences](#) page with suggestions on how to find an internship

Nutrition Related Websites

[American Society for Nutrition](#) Job Board

[Dietitian Central](#) Education, Career, Community

[Eatright Careers](#)

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>

[iHireNutrition](#) (have to register to view jobs)

[Nutrition jobs](#)

[Sodexo](#)

[School Nutrition Association](#)

[WIC](#)

General Internship / Job Search Links

[Idealist](#)

[Indeed](#)

[LinkedIn](#)

[Rusk Rehabilitation HCOP Summer Internship Opportunities](#)

[USA Jobs](#)

[U.S. Department of Health & Human Services](#)

Professional Associations

[Academy of Nutrition and Dietetics](#) The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. This website has it all, career, research, practice, leadership, advocacy.

[American Council on Science and Health](#) ACSH is a national, non-profit, tax-exempt 501(c)(3) education and advocacy organization based in New York City. The Council's mission is to ensure that peer-reviewed mainstream science reaches the public, the media, and the decision-makers who determine public policy and ACSH became renowned early on by advocating for smoking cessation and seat belt laws.

[American Diabetes Association](#) Comprehensive website with resources on Food and Fitness, Advocacy, Research and Practice, Ways to give and Careers and internship information

[American Society for Nutrition](#) Has publications, graduate and professional development, and jobs.

[Center for Science in the Public Interest](#) CSPI is an aggressive non-profit consumer organization conducting innovative programs in nutrition and food safety. Has posting on internships and job as well.

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>

Food and Agriculture Organization of the United Nations FAO's main goal is to eradicate hunger worldwide, website has a lot of statistics and demographic information and you can get more information on specific country.

Food and Drug Administration Resources for consumers, health educators, students, teachers, industry etc.

National Eating Disorders Association NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. Has a volunteer intern.

National Institutes of Health Health-related information, grants and funding, news, events, research, training.

President's Council on Fitness, Sports & Nutrition Through partnerships with the public, private, and non-profit sectors, the President's Council promotes programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lives.

Society for Nutrition Education and Behavior SNEB is dedicated to promoting effective nutrition education and healthy behavior through research, policy and practice and has a vision of healthy communities, food systems and behaviors.

United States Department of Agriculture The USDA is a leader in food and human nutrition information dissemination since 1971 - provides credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel and consumers.

World Health Organization Primary role is to direct and coordinate international health within the UN system.

Licensure and Exams

Certification Board for Nutrition Specialists For information on the Certified Nutrition Specialist exam and credential, visit

Commission on Dietetic Registration For information on the Registered Dietician (RD) and Registered Dietitian Nutritionist (RDN) exams and other specialty credentials

Study.com Career Options for Nutrition majors

Other University Websites With Helpful Resources


University of California Berkeley Library hosts an additional list of Professional Associations, Organizations, and Resources.

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>

What Do Employers Look For? (NACE 2015 Job Outlook for Students)

WHAT DO RECRUITERS LOOK FOR ON YOUR RESUME?



65% of employers want a high GPA (3.0 or above)

Leadership, ability to work in a team, communication skills, problem-solving skills, a strong work ethic, analytical/quantitative skills, technical skills, plan, organize, and prioritize work, and obtain and process information.

EXPERIENCE IS EXPECTED!

Internship/Co-op **60%**
 Any work experience **40%**



Competency*	Definition
Critical Thinking/Problem Solving	Exercise sound reasoning and analytical thinking; obtain, interpret, and use knowledge, facts, and data to analyze situations, make decisions, and solve workplace problems; and demonstrate originality and inventiveness in work.
Oral/Written Communications	Articulate thoughts, ideas clearly and effectively with persons inside and outside of organization; demonstrate public speaking skills; and communicate new ideas to others; write/edit memos, letters, and complex technical reports clearly and effectively.
Teamwork/Collaboration	Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints; be able to work within team structure; and be able to negotiate and manage conflicts.
Information Technology Application	Select and use appropriate technology to accomplish a given task and apply computing skills to problem solving.
Leadership	Leverage the strengths of others to achieve common goals; use interpersonal skills to coach and develop others; demonstrate ability to assess and manage one's own emotions and those of others, using empathetic skills to guide and motivate; and prioritize and delegate work.
Professionalism/Work Ethic	Demonstrate personal accountability, effective work habits, e.g. punctuality, working productively with others, and workload management, and understand impact of non-verbal communication on professional work image; demonstrate integrity and ethical behavior; act responsibly with the interests of the larger community in mind; and be able to learn from one's mistakes.
Career Management	Identify and articulate one's skills, strengths, knowledge, and experience relevant to position desired and career goals; identify areas necessary for professional growth; be able to navigate and explore job options and how to take the steps necessary for pursuing opportunities; and understand how to self-advocate for opportunities in the workplace.

*Content adapted from *Are They Really Ready to Work*, with permission from authors Linda Barrington, Jill Casner-Lotto, and Mary Wright; in collaboration with Partnership for 21st Century Skills, Corporate Voices for Working Families, the Society for Human Resource Management, and The Conference Board, Inc., 2006.

Still wondering...now what?

Stop by SPHHS Career Services in Arnold 136 for a walk-in with a Career Ambassador Peer Advisor. They can help you navigate your job search, review your resume, or cover letter. For their hours or to make an appointment with your Career Advisor visit: <http://www.umass.edu/sphhs/Careers>