

Hey there,

FUTURE NUTRITION PRO!

Food shapes how we feel, move, and think — and there's a growing demand for nutrition pros who help people make sense of the science behind what we eat. Interested in making nutrition your career? Here's what to know.

Trust the PROCESS

The Registered Dietitian Nutritionist credential (sometimes shortened to Registered Dietitian, RDN, or RD) is the gold standard in the nutrition profession. The education required to become a Registered Dietitian Nutritionist includes a bachelor's degree, master's degree, and a program of supervised practice called a Dietetic Internship.

You'll also have to pass a national exam, complete state-specific steps like licensure paperwork, and meet continuing education requirements from the Academy of Nutrition and Dietetics.

B.S. in Nutrition Science YOU'LL TAKE CLASSES LIKE:

- Introduction to Food Science
- Management and Leadership in Nutrition and Dietetics
- Nutrition Counseling
- Current Issues in Nutrition
- Exercise Physiology

SO MANY ROADS TO one destination

Colleges and universities have different pathways for aspiring Registered Dietitians. Here's what to know about some popular ones:

1 START WITH AN UNDERGRADUATE DEGREE:

- ➔ A **Didactic Program in Dietetics** is a set of courses you'll have to complete to participate in a Dietetic Internship and take the RDN exam. Some students take DPD courses as undergraduates and others take the courses as graduate students.
- ➔ **B.S. in Nutrition Science:** A Nutrition Science bachelor's recognized by the Accreditation Council for Education in Nutrition and Dietetics will include the DPD classes you need to begin a Dietetic Internship.
- ➔ **Bachelor's degree in a related subject:** You can become a Registered Dietitian Nutritionist with a bachelor's degree in another field, but you'll have to complete a Didactic Program in Dietetics before you begin the Dietetic Internship. Sometimes you can complete DPD coursework as a non-nutrition major; otherwise, you can complete the courses in a master's program.

2 ADD A GRADUATE DEGREE AND A DIETETIC INTERNSHIP:

- ➔ **Master's in Nutrition Science or Applied Nutrition:** A master's degree is required to sit for the RDN exam and there are several pathways. For example, Russell Sage has options for students with a bachelor's in nutrition, those with a degree in another field, and those who want to combine their master's and Dietetic Internship.
- ➔ **Dietetic Internship:** A Dietetic Internship is a program of supervised practice that is required to sit for the RDN exam. During a typical Dietetic Internship, you'll gain hands-on experience at a variety of fieldwork placements over 12 months. You could spend several weeks in a hospital, followed by a nursing home, a community program for youth, a state or county health department, and with an RDN in private practice.



HOT TIP

Nutrition majors should love science as much as spinach, because chemistry and biology also come into play!

HOW DO YOU PREPARE IN high school?

Nutrition education programs are competitive and academically rigorous. To be a strong applicant and feel prepared for college, keep these tips in mind:

- ➔ Maintain at least a 3.0 GPA for admission.
- ➔ Take four years of math **and** science in high school: Four years of both is recommended for admission and important preparation for college coursework.
- ➔ Consider taking core science classes — like biology and chemistry — at the college where you're earning your bachelor's degree, even if you've taken AP or dual-enrollment versions in high school. By taking these courses where you earn your degree, you can be sure you have the proper foundation for advanced and graduate-level classes.

CAREER opportunities

According to the most recent data from the U.S. Bureau of Labor Statistics, **the median annual salary for dietitians is \$73,850 per year**. As with other career paths in healthcare, the bureau predicts opportunities for dietitians will grow faster than the average through 2033.

Planning to become a New York State-licensed RDN? Choosing a degree program in New York can help you meet state requirements.

SO WHY PICK RUSSELL SAGE FOR THIS?



We're the 4th largest granter of nutrition degrees in NYS! Plus, the Capital Region is home to major healthcare providers and state agencies, making it a great place to intern and launch your career.

SO MANY KINDS OF RDNs ...

You don't have to know your specialty now! RDNs work in lots of settings — helping people meet health goals; supporting schools, hospitals, or government programs; working with major food brands; or focusing on research and policy. Grad school gives you hands-on experience in different areas, and most RDNs figure out their focus after becoming licensed. When the time comes, you can earn extra credentials in specialties, like:

- Gerontological nutrition (older adults)
- Sports dietetics (athletes)
- Pediatric nutrition (kids and teens)
- Renal nutrition (kidney health)
- Oncology nutrition (cancer nutrition support)



CONTACT THE OFFICE OF ADMISSION

518-292-1730 | admission@sage.edu

➔ sage.edu/apply

