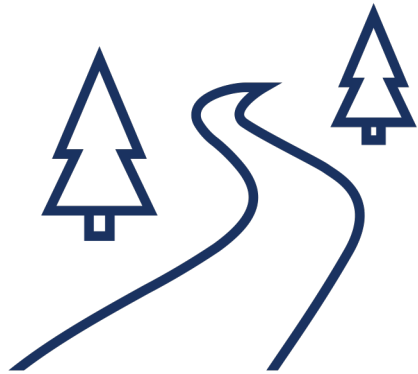




THE PATH TO BECOMING A REGISTERED DIETITIAN NUTRITIONIST

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UC DAVIS DEPARTMENT OF NUTRITION



Careers4RDN.com

RDN / DN

Your career resource for all things nutrition & dietetics:

Dietetic Internships

Registered Dietitian Nutritionists

Degreed Nutritionists

Slides and Recordings under the UC Davis tab > Workshops



Becoming a Registered Dietitian Fall 25 *Senior Seminar*

**SEP
25**

BECOMING A DIETITIAN

Brief overview of the process

**OCT
2**

APPLYING TO PROGRAMS

Application process overview

**OCT
9**

PERSONAL STATE- MENTS & RESUMES

What to include

**OCT
16**

TYPES OF PROGRAMS

& Narrowing your list

**OCT
23**

DICAS APPLICATION PROCESS

DICAS walk-through

**OCT
30**

INTERN PANEL

From a variety of programs

**NOV
6**

FINANCING GRADUATE SCHOOL

Comparing costs of DIs

**NOV
13**

PROGRAM INTERVIEWS

What to expect/how to prepare

**NOV
20**

RDN CAREER PATHS

& specialty credentials

**DEC
4**

MISC. TOPICS

TBA

If you are planning on applying to
Supervised Practice (SP) / Dietetic Internships (DI)
in 2025/26, plan to attend these presentations!

**MEYER
HALL
3:10-4:00**

Thursdays 3:10-4:00
NUT 198 Sec: 025 CRN: 40742

Presented by
Joan Frank,
MS, RDN, FAND
Asst. Director,
Didactic Program
in Dietetics



OVERVIEW

WHAT IS A REGISTERED DIETITIAN NUTRITIONIST?

Registered Dietitian Nutritionists are food and nutrition experts who have met the following criteria to earn the RD credential:

- Completed a **minimum of a graduate degree** at a U.S. regionally accredited university or college **and course work accredited** by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.
- Completed an **ACEND®-accredited supervised practice program** at a health-care facility, community agency, or a foodservice corporation or combined with undergraduate or graduate studies. Typically, a practice program will run six to 12 months in length.
- **Passed a national examination** administered by CDR. For more information regarding the examination, refer to [CDR's website](#).
- **Completed continuing professional educational requirements** to maintain registration.





RD
VS.
“NUTRITIONIST”

WHERE CAN A CAREER IN DIETETICS TAKE YOU?

- Clinical Nutrition*
- Community Nutrition
- Public Health
- Food Service Management
- Nutrition Management
- Research
- Business & Industry
- Teaching
- Sports Teams
- Private Practice/Consulting
- Media
- Publishing

*RD only – Medical Nutrition Therapy (MNT)

ALSO: NDTR = Nutrition & Dietetic Technician, Registered

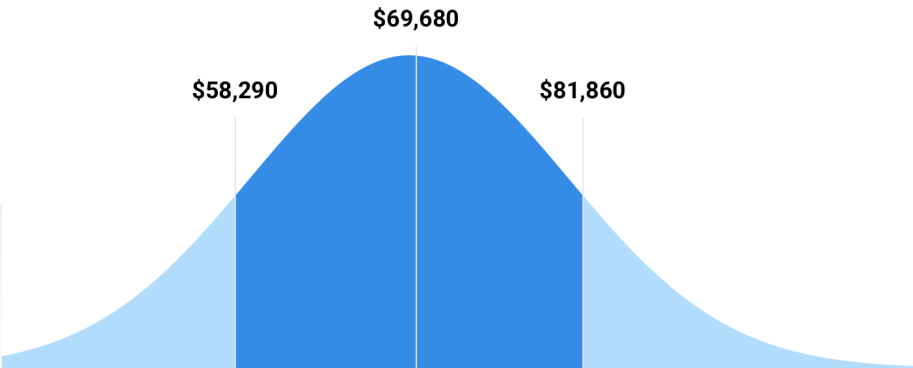


2025 BEST JOBS

#28 in Best Health Care Jobs

#43 in Best STEM Jobs

#79 in 100 Best Jobs



Scorecard	5.2
Wage Potential	3.8
Employment	5.6
Future Prospects	5.5
Comfort	5.9
Work Life Balance	6.3

Top 10 Jobs for People Who Want to Save the World



03 Dietitian



Cecilie_Arcurs / Getty Images

Nutritionists and dietitians advise clients on healthy eating with a variety of goals, from supporting medical treatment to weight loss to managing illnesses like diabetes. Dietitians typically have a bachelor's degree, and their pay may rise with specific skill sets, such as assisting clients undergoing treatment for specific medical issues.

JOB OUTLOOK

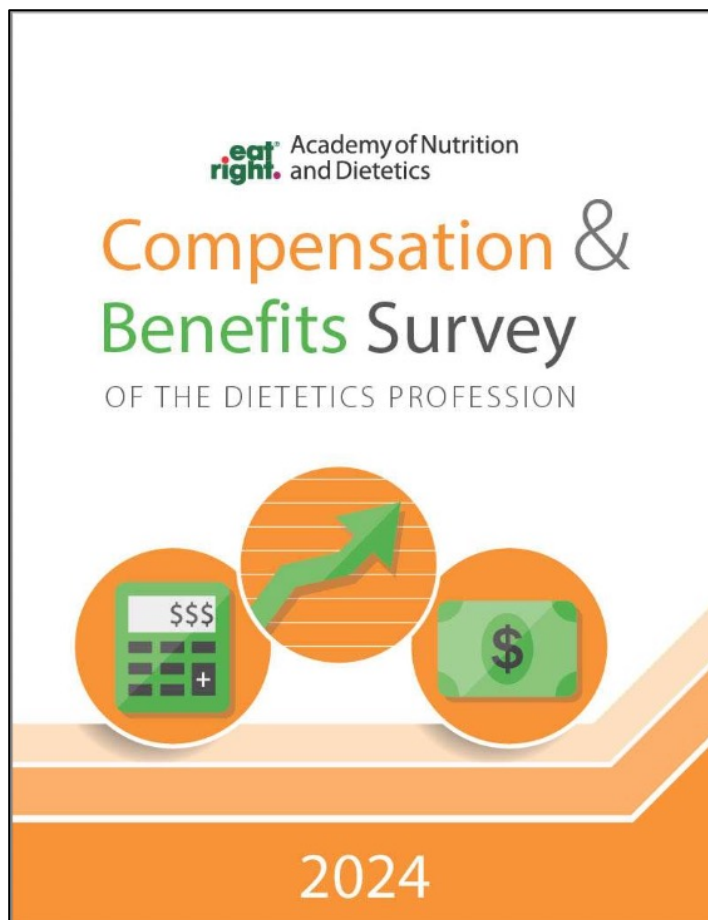
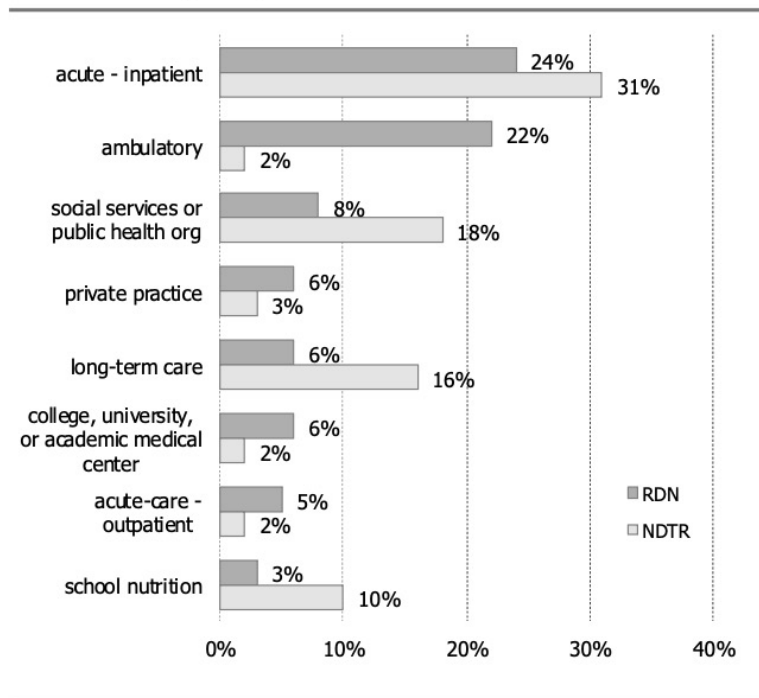
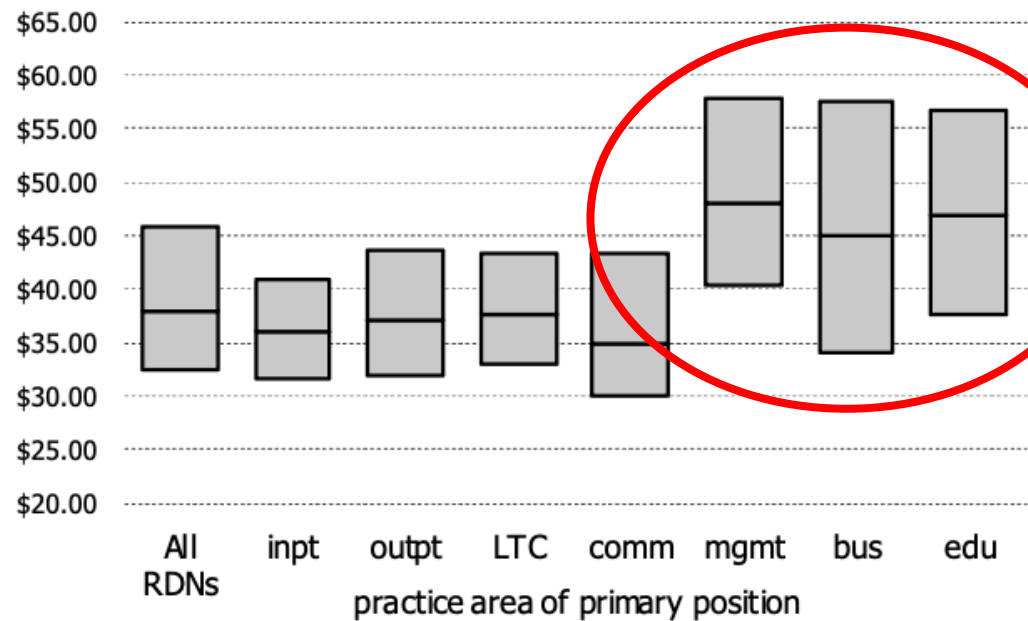


Exhibit 2.08
Work Setting - Top Mentions



weighted base: 4,814 practicing RDNs, 135 practicing NDTRs
See Exhibit 7.21 for supporting data

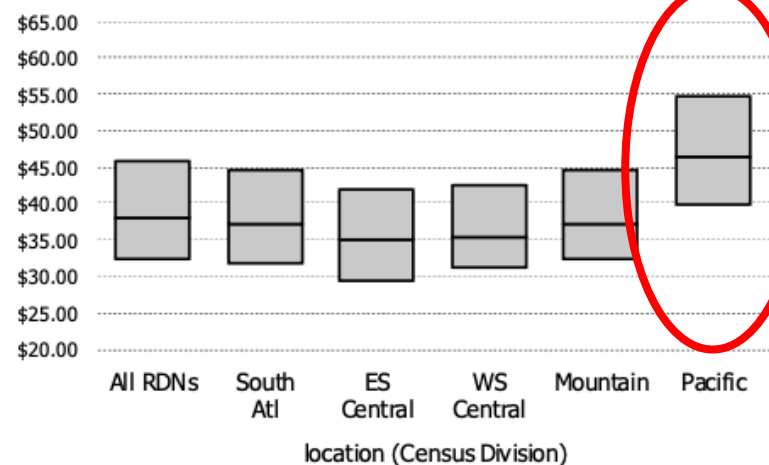
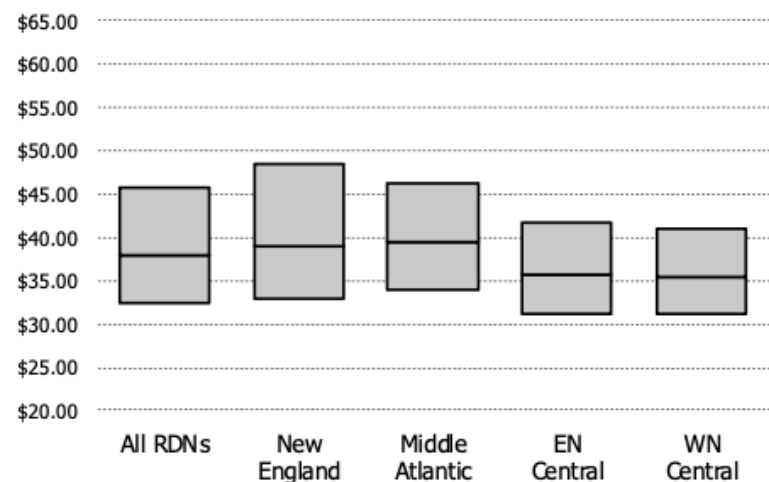
Exhibit 2.26
RDN Hourly Wage by Practice Area of Primary Position



	#	25th	percentiles 50th	75th
All RDNs	4586	\$32.37	\$37.98	\$45.78
inpatient	1945	\$31.49	\$36.00	\$40.87
outpatient/ambulatory care	780	\$32.00	\$37.00	\$43.55
long term care	217	\$33.00	\$37.50	\$43.27
community and public health nutrition	345	\$29.99	\$35.00	\$43.27
management and executive leadership	443	\$40.42	\$48.08	\$57.74
consultation and business	338	\$34.00	\$44.90	\$57.60
education and research	221	\$37.50	\$46.79	\$56.79

weighted base. 4,586 practicing RDNs answering
 See Exhibit 3.11 for supporting data

Exhibit 2.32
RDN Hourly Wage by Location
 (Census Division)



		percentiles		
	#	25th	50th	75th
All RDNs	4586	\$32.37	\$37.98	\$45.78
New England	283	\$33.00	\$39.03	\$48.57
Middle Atlantic	525	\$33.92	\$39.38	\$46.27
East North Central	794	\$31.06	\$35.77	\$41.67
West North Central	404	\$31.10	\$35.37	\$40.86
South Atlantic	871	\$31.75	\$37.02	\$44.68
East South Central	229	\$29.33	\$34.99	\$42.00
West South Central	430	\$31.25	\$35.45	\$42.50
Mountain	395	\$32.31	\$37.02	\$44.65
Pacific	655	\$39.68	\$46.27	\$54.66

weighted base: 4,586 practicing RDNs answering
 See Exhibit 3.29 for supporting data

Top paying states for Dietitians and Nutritionists:

State	Employment (1)	Employment per thousand jobs	Location quotient (9)	Hourly mean wage	Annual mean wage (2)
California	9,940	0.55	1.14	\$ 40.65	\$ 84,560
New Jersey	2,320	0.55	1.13	\$ 39.58	\$ 82,330
Oregon	660	0.34	0.70	\$ 39.56	\$ 82,280
New York	5,200	0.55	1.14	\$ 38.71	\$ 80,510
Alaska	130	0.42	0.87	\$ 38.51	\$ 80,100

2023 data

home > economic research >

The Labor Market for Recent College Graduates



OVERVIEW

COLLEGE LABOR MARKET

FAQ

+ DOWNLOAD

UNEMPLOYMENT

UNDEREMPLOYMENT

WAGES

OUTCOMES BY MAJOR

Latest Release: February 20, 2025

Labor Market Outcomes of College Graduates by Major

MAJOR	UNEMPLOYMENT RATE	UNDEREMPLOYMENT RATE	MEDIAN WAGE EARLY CAREER	MEDIAN WAGE MID-CAREER	SHARE WITH GRADUATE DEGREE
NURSING	1.4%	9.7%	\$65,000	\$84,000	30.1%
NUTRITION SCIENCES	0.4%	46.8%	\$54,000	\$75,000	47.5%
OVERALL	3.6%	38.3%	\$55,000	\$83,000	39.1%

2 PATHWAYS TO THE RDN

Becoming a RDN

Pathway 1: Clinical Nutrition

UNDERGRADUATE DPD

and

DIETETIC INTERNSHIP + MASTER'S or COORDINATED GRADUATE or FUTURE GRADUATE

MASTER'S

and

DIETETIC INTERNSHIP

OR

Pathway 2: Other Science Major

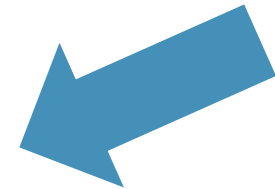
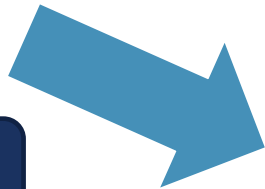
BACHELOR'S DEGREE & PREREQUISITES

and

COORDINATED GRADUATE or FUTURE GRADUATE

REGISTERED DIETITIAN EXAM

REGISTERED DIETITIAN NUTRITIONIST (RDN)



ACADEMY OF NUTRITION & DIETETICS' ACCREDITED PROGRAMS DIRECTORY

- <https://www.eatrightpro.org/acend/accredited-programs/accredited-programs-directory>
- Dietetic internships (with / without master's)
- Coordinated Graduate Programs (CP)
- Future Graduate Programs (FG)

RESOURCES / WEBSITES

- Academy of Nutrition & Dietetics' *Accredited Programs Directory*
 - <https://www.eatrightpro.org/acend/accredited-programs/accredited-programs-directory>
- UC Davis Department of Nutrition - Dietetic Internship Application Materials:
 - <https://nutrition.ucdavis.edu/academics/dpd/diet-intern-app-mats>
 - *Applicant Guide to Supervised Practice (2024)*
- Careers4RDN:
 - <http://Careers4RDN.com>



DIETETIC INTERNSHIPS

INTERNSHIP PROGRAM OPTIONS

- Graduate Level
 - M.S., M.A., MPH, MBA
- Stand Alone DI (requires Master's)
- Distance Internships
- Duration – 6-9 (with prior master's) to 24 months
- Concentration or focus – MNT, Community, Management, etc.
- Full-time vs. Part-time

- This is post-bacc training; most charge a fee/tuition

WHAT DOES A FUTURE GRADUATE PROGRAM LOOK LIKE?

UNIVERSITY OF THE PACIFIC (16 MONTHS)

Supervised Practice

- 10 weeks Acute/Post Acute Care
- 5 weeks Ambulatory Care
- 5 weeks Food Service/Systems Management
- 5 weeks Women's Health, Pediatrics
- 5 weeks Wellness, Innovative Nutrition Practice

Clinical Nutrition MS

- 16 months (Aug 2023 – Dec 2024)
- Supervised Practice + Master's Coursework



WHAT DOES AN MS/DI PROGRAM LOOK LIKE?

CSU SACRAMENTO (21 MONTHS)

Supervised Practice

- Clinical Dietetics
- Food Service Management
- Community Nutrition
- Outpatient Dietetics
- Concentration Areas:
 - Disease Prevention and Health Promotion
 - Advocacy and Public Policy

Master's

- 21 months
- Year 1 = master's courses
- Year 2 = supervised practice



SACRAMENTO STATE

WHAT DOES A DIETETIC INTERNSHIP PROGRAM LOOK LIKE?

UCDMC = 52 WEEKS

Supervised Practice

- 12 weeks Clinical Nutrition Core
- 4 weeks Critical Care Nutrition
- 4 weeks Pediatrics
- 11 weeks Ambulatory Nutrition
- 3 weeks Community Nutrition
- 6 Weeks Management
- 2 weeks Elective Experience
- 2 Weeks Staff relief
- 200 hours Didactics
- 1 week Vacation

GOALS FOR NEXT 1-4 YEARS:

- Work hard academically
 - pay attention to KRDNs in your upper division nutrition courses!
- Obtain volunteer/internship/work experience
 - especially clinical!
- Join SNA!
- Evaluate your goals
 - What experiences do you want from your DI?
 - What type of job do you want?
- Research supervised practice programs/grad programs
- Take the GRE (if needed – Jr/Sr Summer)
- Work on resume
- Assemble professional portfolio
- Attend Office Hours!

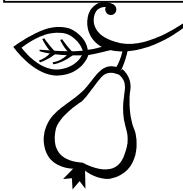


Increasing Your Chances of Being Accepted into a Dietetic Internship / Supervised Practice

Here are some tips to increase your chances of being accepted into an Academy of Nutrition & Dietetics' ACEND Dietetic Internship (DI)/Supervised Practice (SP) program. There are >350 programs in the US. It is a competitive process. These tips don't guarantee an acceptance, but they do increase the possibility. You are required to have a graduate degree to become a dietitian so this also applies to graduate school admissions.

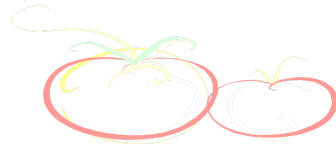
- ✧ Get involved in your school's nutrition/dietetic club
- ✧ Be active with other academic or social clubs that interest you. Not everything has to be directly related to dietetics. You can learn many applicable skills from experiences outside the field
- ✧ Volunteer in a clinical nutrition setting
 - A large portion of SP is spent in clinical rotations, so it's important that you are exposed to this setting beforehand
- ✧ Volunteer or work in other nutrition settings, such as government, non-profits, research, etc.
- ✧ Work hard to receive high academic marks to keep your GPA competitive

✧ At least once per semester, meet with your Academic Advisor to go over your Academic Plan



Boost Your Chances for a SP Program

- Be ACTIVE in your school's community and the larger community. Volunteer or work as much as you can (and still have a life) in the nutrition field.
- Work or volunteer experience outside of the nutrition field can still be beneficial to your application. The goal is to make those experiences apply to the nutrition field.



Super Boost Your Chances for a SP Program

- Keep track of all work and volunteer hours completed, as well as contacts for those activities.
- Having records on hand when completing the DICAS Application ensures that every hour that you spent learning will be included on the application.
- Official documentation isn't necessary, but accuracy of hours completed is crucial.
- For one-time events that will not be included on your DICAS application, still record the hours. This might remind you of an experience that you could include in your personal statement as an anecdote.

Quick Tips to Pick the Best SP Program for YOU

- ★ If you aren't limited by location, look at programs across the US (CA programs are competitive!)
- ★ Begin your search the summer before you apply, at the latest
- ★ Narrow your choices to no more than 15 before the school year begins and about 5 before fall deadlines. Most deadlines are Nov/Dec and will be there before you know it!
- ★ E-mail questions to the program director only after *thoroughly* reading their website. Also, have someone proof-read the e-mails to make sure that all your communication with the director is professional
- ★ Visit the program, if possible

QUESTIONS?

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