

Registered Dietitian Nutritionist, RDN:

- A food and nutrition expert who translates the science of nutrition into practical solutions for healthy living
- Uses nutrition expertise to help individuals make positive lifestyle choices
- Works to optimize health through food and nutrition in many different arenas such as:
 - Hospitals
 - Schools
 - Community and Public Health Clinics
 - Nursing Homes
 - Fitness Centers and Corporate Wellness Programs
 - Food Management
 - Food Industry
 - Universities
 - Research
 - Private Practice

How to become a Registered Dietitian Nutritionist

- Complete a minimum of a **bachelor's degree** and course work accredited by the ACEND of the Academy of Nutrition and Dietetics, course work includes:
 - Biology
 - Chemistry
 - Biochemistry
 - Anatomy and Physiology
 - Microbiology
 - Food and nutrition sciences
 - Foodservice systems management
 - Business
 - Economics
 - Computer science
 - Culinary arts
 - Sociology
 - Communication
- Complete an ACEND-accredited **supervised practice program** (6-12 month internship)
- Pass a **national exam** administered by the Commission on Dietetic Registration

Chattanooga Healthcare Inter-Professional Society

What is a Registered Dietitian Nutritionist?



Impacting Health through Nutrition



Clinical Dietetics

This specific avenue of practice employs medical nutrition therapy as an important component of comprehensive health care. Dietitians work with other members of the health care team to help optimize patient outcomes within the hospital setting. Key components of this type of practice include knowledge of nutrition in the acute care setting, patient education, and counseling.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

~Thomas Edison

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

~ Ann Wigmore



Nutrition in the Community

One of the biggest places to have an impact on disease prevention is in the community. Many dietitians work in schools, food assistance programs, and community and public health settings by teaching and advising the public to help improve the overall quality of life through healthy eating habits. Some specialize in sports nutrition or work in corporate wellness programs and educate clients about the connection between food, nutrition, and health.

A Passion for Food

For those with a love for the culinary arts, there are many options. Dietitians manage foodservice operations in hospitals, schools, day-care centers, and other facilities. They work in food and nutrition-related businesses and industries in communications, consumer affairs, public relations, marketing, product development, and consulting with chefs in restaurants and culinary schools.

“It is a beautiful thing when a career and a passion come together.”