

Dietitians and Nutritionists

Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease. May supervise activities of a department providing quantity food services, counsel individuals, or conduct nutritional research.

Sample of reported job titles: Clinical Dietician, Clinical Dietitian, Correctional Food Service Supervisor, Dietary Manager, Dietitian, Nutritionist, Outpatient Dietitian, Pediatric Clinical Dietician, Registered Dietician, Registered Dietitian

Tasks

- Monitor food service operations to ensure conformance to nutritional, safety, sanitation and quality standards.
- Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary-care plans and provide nutritional counseling.
- Advise patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation.
- Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life.
- Consult with physicians and health care personnel to determine nutritional needs and diet restrictions of patient or client.
- Plan, conduct, and evaluate dietary, nutritional, and epidemiological research.
- Write research reports and other publications to document and communicate research findings.
- Purchase food in accordance with health and safety codes.
- Manage quantity food service departments or clinical and community nutrition services.
- Coordinate diet counseling services.
- Make recommendations regarding public policy, such as nutrition labeling, food fortification, and nutrition standards for school programs.
- Inspect meals served for conformance to prescribed diets and standards of palatability and appearance.
- Select, train and supervise workers who plan, prepare and serve meals.
- Organize, develop, analyze, test, and prepare special meals such as low-fat, low-cholesterol and chemical-free meals.
- Prepare and administer budgets for food, equipment and supplies.
- Plan and prepare grant proposals to request program funding.
- Develop curriculum and prepare manuals, visual aids, course outlines, and other materials used in teaching.

- Advise food service managers and organizations on sanitation, safety procedures, menu development, budgeting, and planning to assist with the establishment, operation, and evaluation of food service facilities and nutrition programs.
- Plan and conduct training programs in dietetics, nutrition, and institutional management and administration for medical students, health-care personnel and the general public.
- Develop policies for food service or nutritional programs to assist in health promotion and disease control.
- Coordinate recipe development and standardization and develop new menus for independent food service operations.
- Confer with design, building, and equipment personnel to plan for construction and remodeling of food service units.

Tools & Technology

Tools used in this occupation:

- **Bodyweight measuring scales** — Hydrostatic weighing machines; Upright scales
- **Calorimeters** — Metabolic carts
- **Desktop computers**
- **Glucose monitors or meters** — Glucometers
- **Impedance meters** — Bioelectric impedance machines
- **Notebook computers** — Laptop computers
- **Personal computers**
- **Personal digital assistant PDAs or organizers** — Personal digital assistants
PDA
- **Physiological recorders** — Wearable fitness monitors
- **Skinfold calipers**

Technology used in this occupation:

- **Analytical or scientific software** — Axya Systems Nutritionist Pro software; Compu-Cal Nutrition Assistant; PICS DietMate Professional; The Nutrition Company FoodWorks
- **Data base user interface and query software** — CyberSoft NutriBase software; Database software; DietMaster Systems DietMaster; ValuSoft MasterCook
- **Electronic mail software** — Microsoft Outlook
- **Graphics or photo imaging software** — Graphics software
- **Internet browser software** — Web browser software

- **Medical software** — BioEx Systems Nutrition Maker Plus; Lifestyles Technologies DietMaster Pro; MNT Northwest MNT Assistant; SureQuest Systems Square 1
- **Network conferencing software** — ReadyTalk
- **Office suite software** — Google Drive; Microsoft Office software
- **Presentation software** — Microsoft PowerPoint
- **Spreadsheet software** — Microsoft Excel
- **Word processing software** — Microsoft Word

Knowledge

- **Customer and Personal Service** — Knowledge of principles and processes for providing customer and personal services. This includes customer needs assessment, meeting quality standards for services, and evaluation of customer satisfaction.
- **Education and Training** — Knowledge of principles and methods for curriculum and training design, teaching and instruction for individuals and groups, and the measurement of training effects.
- **English Language** — Knowledge of the structure and content of the English language including the meaning and spelling of words, rules of composition, and grammar.
- **Biology** — Knowledge of plant and animal organisms, their tissues, cells, functions, interdependencies, and interactions with each other and the environment.
- **Medicine and Dentistry** — Knowledge of the information and techniques needed to diagnose and treat human injuries, diseases, and deformities. This includes symptoms, treatment alternatives, drug properties and interactions, and preventive health-care measures.
- **Psychology** — Knowledge of human behavior and performance; individual differences in ability, personality, and interests; learning and motivation; psychological research methods; and the assessment and treatment of behavioral and affective disorders.
- **Therapy and Counseling** — Knowledge of principles, methods, and procedures for diagnosis, treatment, and rehabilitation of physical and mental dysfunctions, and for career counseling and guidance.
- **Mathematics** — Knowledge of arithmetic, algebra, geometry, calculus, statistics, and their applications.
- **Administration and Management** — Knowledge of business and management principles involved in strategic planning, resource allocation, human resources modeling, leadership technique, production methods, and coordination of people and resources.
- **Chemistry** — Knowledge of the chemical composition, structure, and properties of substances and of the chemical processes and transformations that they undergo. This includes uses of chemicals and their interactions, danger signs, production techniques, and disposal methods.

- **Clerical** — Knowledge of administrative and clerical procedures and systems such as word processing, managing files and records, stenography and transcription, designing forms, and other office procedures and terminology.

Skills

- **Reading Comprehension** — Understanding written sentences and paragraphs in work related documents.
- **Active Listening** — Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.
- **Critical Thinking** — Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
- **Monitoring** — Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.
- **Speaking** — Talking to others to convey information effectively.
- **Coordination** — Adjusting actions in relation to others' actions.
- **Instructing** — Teaching others how to do something.
- **Learning Strategies** — Selecting and using training/instructional methods and procedures appropriate for the situation when learning or teaching new things.
- **Social Perceptiveness** — Being aware of others' reactions and understanding why they react as they do.
- **Writing** — Communicating effectively in writing as appropriate for the needs of the audience.
- **Judgment and Decision Making** — Considering the relative costs and benefits of potential actions to choose the most appropriate one.
- **Complex Problem Solving** — Identifying complex problems and reviewing related information to develop and evaluate options and implement solutions.
- **Service Orientation** — Actively looking for ways to help people.
- **Active Learning** — Understanding the implications of new information for both current and future problem-solving and decision-making.
- **Persuasion** — Persuading others to change their minds or behavior.
- **Negotiation** — Bringing others together and trying to reconcile differences.
- **Systems Analysis** — Determining how a system should work and how changes in conditions, operations, and the environment will affect outcomes.
- **Management of Personnel Resources** — Motivating, developing, and directing people as they work, identifying the best people for the job.
- **Operations Analysis** — Analyzing needs and product requirements to create a design.

- **Science** — Using scientific rules and methods to solve problems.
- **Time Management** — Managing one's own time and the time of others.
- **Systems Evaluation** — Identifying measures or indicators of system performance and the actions needed to improve or correct performance, relative to the goals of the system.

Abilities

- **Deductive Reasoning** — The ability to apply general rules to specific problems to produce answers that make sense.
- **Oral Comprehension** — The ability to listen to and understand information and ideas presented through spoken words and sentences.
- **Oral Expression** — The ability to communicate information and ideas in speaking so others will understand.
- **Problem Sensitivity** — The ability to tell when something is wrong or is likely to go wrong. It does not involve solving the problem, only recognizing there is a problem.
- **Written Comprehension** — The ability to read and understand information and ideas presented in writing.
- **Written Expression** — The ability to communicate information and ideas in writing so others will understand.
- **Information Ordering** — The ability to arrange things or actions in a certain order or pattern according to a specific rule or set of rules (e.g., patterns of numbers, letters, words, pictures, mathematical operations).
- **Speech Clarity** — The ability to speak clearly so others can understand you.
- **Category Flexibility** — The ability to generate or use different sets of rules for combining or grouping things in different ways.
- **Originality** — The ability to come up with unusual or clever ideas about a given topic or situation, or to develop creative ways to solve a problem.
- **Inductive Reasoning** — The ability to combine pieces of information to form general rules or conclusions (includes finding a relationship among seemingly unrelated events).
- **Speech Recognition** — The ability to identify and understand the speech of another person.
- **Near Vision** — The ability to see details at close range (within a few feet of the observer).
- **Fluency of Ideas** — The ability to come up with a number of ideas about a topic (the number of ideas is important, not their quality, correctness, or creativity).
- **Number Facility** — The ability to add, subtract, multiply, or divide quickly and correctly.

- **Selective Attention** — The ability to concentrate on a task over a period of time without being distracted.

Work Activities

- **Getting Information** — Observing, receiving, and otherwise obtaining information from all relevant sources.
- **Communicating with Supervisors, Peers, or Subordinates** — Providing information to supervisors, co-workers, and subordinates by telephone, in written form, e-mail, or in person.
- **Establishing and Maintaining Interpersonal Relationships** — Developing constructive and cooperative working relationships with others, and maintaining them over time.
- **Interpreting the Meaning of Information for Others** — Translating or explaining what information means and how it can be used.
- **Performing for or Working Directly with the Public** — Performing for people or dealing directly with the public. This includes serving customers in restaurants and stores, and receiving clients or guests.
- **Updating and Using Relevant Knowledge** — Keeping up-to-date technically and applying new knowledge to your job.
- **Assisting and Caring for Others** — Providing personal assistance, medical attention, emotional support, or other personal care to others such as coworkers, customers, or patients.
- **Making Decisions and Solving Problems** — Analyzing information and evaluating results to choose the best solution and solve problems.
- **Training and Teaching Others** — Identifying the educational needs of others, developing formal educational or training programs or classes, and teaching or instructing others.
- **Documenting/Recording Information** — Entering, transcribing, recording, storing, or maintaining information in written or electronic/magnetic form.
- **Organizing, Planning, and Prioritizing Work** — Developing specific goals and plans to prioritize, organize, and accomplish your work.
- **Identifying Objects, Actions, and Events** — Identifying information by categorizing, estimating, recognizing differences or similarities, and detecting changes in circumstances or events.
- **Interacting With Computers** — Using computers and computer systems (including hardware and software) to program, write software, set up functions, enter data, or process information.
- **Provide Consultation and Advice to Others** — Providing guidance and expert advice to management or other groups on technical, systems-, or process-related topics.
- **Communicating with Persons Outside Organization** — Communicating with people outside the organization, representing the organization to customers, the public,

government, and other external sources. This information can be exchanged in person, in writing, or by telephone or e-mail.

- **Monitor Processes, Materials, or Surroundings** — Monitoring and reviewing information from materials, events, or the environment, to detect or assess problems.
- **Coaching and Developing Others** — Identifying the developmental needs of others and coaching, mentoring, or otherwise helping others to improve their knowledge or skills.
- **Analyzing Data or Information** — Identifying the underlying principles, reasons, or facts of information by breaking down information or data into separate parts.
- **Coordinating the Work and Activities of Others** — Getting members of a group to work together to accomplish tasks.
- **Evaluating Information to Determine Compliance with Standards** — Using relevant information and individual judgment to determine whether events or processes comply with laws, regulations, or standards.
- **Resolving Conflicts and Negotiating with Others** — Handling complaints, settling disputes, and resolving grievances and conflicts, or otherwise negotiating with others.
- **Developing and Building Teams** — Encouraging and building mutual trust, respect, and cooperation among team members.
- **Guiding, Directing, and Motivating Subordinates** — Providing guidance and direction to subordinates, including setting performance standards and monitoring performance.
- **Processing Information** — Compiling, coding, categorizing, calculating, tabulating, auditing, or verifying information or data.
- **Selling or Influencing Others** — Convincing others to buy merchandise/goods or to otherwise change their minds or actions.
- **Performing Administrative Activities** — Performing day-to-day administrative tasks such as maintaining information files and processing paperwork.
- **Scheduling Work and Activities** — Scheduling events, programs, and activities, as well as the work of others.
- **Developing Objectives and Strategies** — Establishing long-range objectives and specifying the strategies and actions to achieve them.
- **Monitoring and Controlling Resources** — Monitoring and controlling resources and overseeing the spending of money.
- **Thinking Creatively** — Developing, designing, or creating new applications, ideas, relationships, systems, or products, including artistic contributions.
- **Judging the Qualities of Things, Services, or People** — Assessing the value, importance, or quality of things or people.
- **Staffing Organizational Units** — Recruiting, interviewing, selecting, hiring, and promoting employees in an organization.

Detailed Work Activities

- Analyze patient data to determine patient needs or treatment goals.
- Collaborate with healthcare professionals to plan or provide treatment.
- Provide health and wellness advice to patients, program participants, or caregivers.
- Train medical providers.
- Monitor medical facility activities to ensure adherence to standards or regulations.
- Advise communities or institutions regarding health or safety issues.
- Train caregivers or other non-medical personnel.
- Design public or employee health programs.
- Direct healthcare delivery programs.
- Order medical supplies or equipment.
- Supervise medical support personnel.
- Conduct research to increase knowledge about medical issues.
- Prepare healthcare training materials.
- Present medical research reports.
- Manage preparation of special meals or diets.
- Manage healthcare operations.
- Conduct health or safety training programs.
- Consult with others regarding safe or healthy equipment or facilities.

Work Context

- **Electronic Mail** — 100% responded “Every day.”
- **Face-to-Face Discussions** — 91% responded “Every day.”
- **Telephone** — 91% responded “Every day.”
- **Indoors, Environmentally Controlled** — 86% responded “Every day.”
- **Freedom to Make Decisions** — 64% responded “A lot of freedom.”
- **Contact With Others** — 52% responded “Contact with others most of the time.”
- **Work With Work Group or Team** — 61% responded “Extremely important.”
- **Structured versus Unstructured Work** — 52% responded “Some freedom.”
- **Deal With External Customers** — 52% responded “Extremely important.”
- **Exposed to Disease or Infections** — 65% responded “Every day.”
- **Importance of Being Exact or Accurate** — 52% responded “Very important.”
- **Frequency of Decision Making** — 59% responded “Every day.”
- **Spend Time Sitting** — 52% responded “More than half the time.”

- **Time Pressure** — 39% responded “Every day.”
- **Physical Proximity** — 50% responded “Moderately close (at arm's length).”
- **Letters and Memos** — 39% responded “Once a week or more but not every day.”
- **Coordinate or Lead Others** — 41% responded “Very important.”
- **Impact of Decisions on Co-workers or Company Results** — 36% responded “Important results.”
- **Responsibility for Outcomes and Results** — 41% responded “High responsibility.”
- **Deal With Unpleasant or Angry People** — 50% responded “Once a month or more but not every week.”
- **Duration of Typical Work Week** — 77% responded “40 hours.”
- **Frequency of Conflict Situations** — 50% responded “Once a month or more but not every week.”
- **Responsible for Others' Health and Safety** — 45% responded “Moderate responsibility.”
- **Public Speaking** — 43% responded “Once a month or more but not every week.”

Job Zone

Title Job Zone : Extensive Preparation Needed

Education Most of these occupations require graduate school. For example, they may require a master's degree, and some require M.D.

Related Experience Extensive skill, knowledge, and experience are needed for these occupations. Many require more than five years of experience. For example, surgeons must complete four years of college and an additional five to seven years of specialized medical training to be able to do their job.

Job Training Employees may need some on-the-job training, but most of these occupations assume that the person will already have the required skills, knowledge, work-related experience, and/or training.

Job Zone Examples These occupations often involve coordinating, training, supervising, or managing the activities of others to accomplish goals. Very advanced communication and organizational skills are required. Examples include librarians, lawyers, sports medicine physicians, wildlife biologists, school psychologists, surgeons, treasurers, and controllers.

Education

| Percentage of Respondents | Education Level Required |
|---------------------------|--------------------------------|
| 33 | Post-baccalaureate certificate |
| 29 | Bachelor's degree |
| 24 | Master's degree |

This occupation may require a background in the following science, technology, engineering, and mathematics (STEM) educational disciplines:

Life Sciences — Foods, Nutrition, and Related Services; Nutrition Sciences

Interests

Interest code: **IS**

- **Investigative** — Investigative occupations frequently involve working with ideas, and require an extensive amount of thinking. These occupations can involve searching for facts and figuring out problems mentally.
- **Social** — Social occupations frequently involve working with, communicating with, and teaching people. These occupations often involve helping or providing service to others.
- **Enterprising** — Enterprising occupations frequently involve starting up and carrying out projects. These occupations can involve leading people and making many decisions. Sometimes they require risk taking and often deal with business.

Work Styles

- **Concern for Others** — Job requires being sensitive to others' needs and feelings and being understanding and helpful on the job.
- **Dependability** — Job requires being reliable, responsible, and dependable, and fulfilling obligations.
- **Integrity** — Job requires being honest and ethical.
- **Attention to Detail** — Job requires being careful about detail and thorough in completing work tasks.

- **Cooperation** — Job requires being pleasant with others on the job and displaying a good-natured, cooperative attitude.
- **Self Control** — Job requires maintaining composure, keeping emotions in check, controlling anger, and avoiding aggressive behavior, even in very difficult situations.
- **Independence** — Job requires developing one's own ways of doing things, guiding oneself with little or no supervision, and depending on oneself to get things done.
- **Initiative** — Job requires a willingness to take on responsibilities and challenges.
- **Adaptability/Flexibility** — Job requires being open to change (positive or negative) and to considerable variety in the workplace.
- **Analytical Thinking** — Job requires analyzing information and using logic to address work-related issues and problems.
- **Social Orientation** — Job requires preferring to work with others rather than alone, and being personally connected with others on the job.
- **Achievement/Effort** — Job requires establishing and maintaining personally challenging achievement goals and exerting effort toward mastering tasks.
- **Stress Tolerance** — Job requires accepting criticism and dealing calmly and effectively with high stress situations.
- **Leadership** — Job requires a willingness to lead, take charge, and offer opinions and direction.
- **Persistence** — Job requires persistence in the face of obstacles.
- **Innovation** — Job requires creativity and alternative thinking to develop new ideas for and answers to work-related problems.

Work Values

- **Relationships** — Occupations that satisfy this work value allow employees to provide service to others and work with co-workers in a friendly non-competitive environment. Corresponding needs are Co-workers, Moral Values and Social Service.
- **Independence** — Occupations that satisfy this work value allow employees to work on their own and make decisions. Corresponding needs are Creativity, Responsibility and Autonomy.
- **Achievement** — Occupations that satisfy this work value are results oriented and allow employees to use their strongest abilities, giving them a feeling of accomplishment. Corresponding needs are Ability Utilization and Achievement.