

DIETITIAN & NUTRITIONIST

Building 3, Room 108, Brighton Campus • www.monroecc.edu/go/careercenter • 585.292.2248

Dietitians and Nutritionists plan food and nutrition programs and supervise the preparation and serving of meals. They help prevent and treat illnesses by promoting healthy eating habits and modifying diets. Many Dietitians and Nutritionists find employment in hospitals, nursing homes, offices & clinics of physicians, and state & local government agencies. They usually major in dietetics, food and nutrition, food service systems management, or a related area.

Degree: Registered Dietitians (RDs) must meet the following criteria to earn the RD credential:

- Receive a bachelor's or master's degree from a U.S. regionally accredited university or college that includes course work approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA).
- Complete a CADE-accredited supervised internship at a health-care facility, community agency, food service corporation, or practicum combined with undergraduate or graduate studies. It must be at least 900 hours in length.
- Pass a national examination administered by the Commission on Dietetic Registration (CDR).
- Complete continuing professional educational requirements to maintain registration.

Some RDs hold additional certifications in specialized areas of practice, such as pediatric or renal nutrition, nutrition support and diabetes education. These certifications are awarded through CDR, the credentialing agency for the ADA and other medical and nutrition organizations and are recognized within the profession but are not required.

Typical Prerequisite Courses for Dietitian/Nutritionist Programs: Anatomy, Physiology, Microbiology, Statistics, Algebra, Chemistry, Psychology or Sociology. Examples of MCC courses include:

PSY 101/SOC 101 - Intro to Psychology/Sociology	CHE 151 & 152 OR CHE 100 & CHE 124 - General College Chemistry I & II
BIO 142 & BIO 143 OR BIO 134 & 135 - Anatomy & Physiology OR Anatomy and Physiology I & II	OR Prep Chemistry & General, Organic & Biochem
BIO 202 - Microbiology	MTH 160 - Statistics I
	MTH 165 - College Algebra

* RIT requires both CHE 100 and 124

Additional Requirements: Depending on the student's choice of major, there may be additional course requirements in subject areas such as scientific applications of food, nutrition, health, food service, business, computers, psychology, government policies, social issues, sociology and economics.

The following MCC courses may be helpful:

FSA 103 - Culinary Arts I	FSA 106 - Food Safety and Sanitation	FSA 107 - Menu Planning
FSA - 108 Principles of Healthy Cooking	FSA/BIO 117 - Basic Consumer Nutrition	
FSA 205 - Purchasing, Storage and Handling	FSA 203 - Culinary Arts II	

Transfer college course requirements vary. For example, Cornell requires calculus; Sage Colleges require accounting. Contact each institution for specific information and to verify course transferability. Please note that all courses listed above may not be required to be completed at MCC prior to transfer to a 4 year college.

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Continued on next page...

Note: While every effort is made to ensure that the information in this guide is accurate, students are advised to meet with a counselor in the MCC Career and Transfer Center and to contact transfer institutions for specific course requirements and the most up-to-date information.

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Accreditation for Dietetics Education

Only graduates of Commission on Accreditation for Dietetics Education (CADE) accredited programs are eligible to take the exam to become a Registered Dietitian or Dietetic Technician. Individuals who only have degrees in nutrition, dietetics or other related areas from programs that are not CADE-accredited are **NOT ELIGIBLE** to take the exam to become a Registered Dietitian or Dietetic Technician. CADE is the American Dietician Association's (ADA) accrediting agency for education programs preparing students for careers as registered dietitians or dietetic technicians. Please visit www.eatright.org/students/education/accreditedprograms.aspx to locate ADA/CADE accredited programs.

ADA Accredited Undergraduate Programs in New York State:

Brooklyn College (CUNY)	Lehman College (CUNY)	SUNY Buffalo State (internship included)
Cornell University	New York University	SUNY College at Oneonta
CW Post, Long Island Campus	Queens College (CUNY)	SUNY Plattsburgh
D'Youville College (internship included)	Rochester Institute of Technology	Syracuse University
Hunter College (CUNY)	The Sage Colleges	

ADA Approved Distance Education Programs:

Kansas State University	University of Medicine and Dentistry of New Jersey
Eastern Michigan University	University of Northern Colorado

Related MCC 2+2 Dual Admission Programs:

SUNY Buffalo State College

MCC 2+2 Dual Admission Program with SUNY Buffalo State College B.S. Dietetics (LA33)

www.monroecc.edu/auditsheets.nsf/Web%20By%20College?penView&Start=1&Count=1000&Collapse=15.1#15.1

Buffalo State College - Dietetics and Nutrition Department

www.buffalostate.edu/dietetics/

Buffalo State College - Bachelor of Science Didactic Program in Dietetics (DPD)

www.buffalostate.edu/undergradprog.xml?bpid=59

Buffalo State College - Dietetics: Coordinated Program, B.S.

www.buffalostate.edu/dietetics/x527.xml?bpid=58

Rochester Institute of Technology

MCC 2+2 Dual Admission Program with Rochester Institute of Technology B.S. Nutrition Management (LA52)

www.monroecc.edu/auditsheets.nsf/Web%20By%20College?OpenView&Start=1&Count=1000&Expand=11#11

Rochester Institute of Technology (RIT) - Bachelor of Science in Nutrition Management

www.rit.edu/cast/hsm/programs/Nutrition/index.html

Additional Information:

The American Dietetic Association (ADA) - eatright.org

ADA Student Center - www.eatright.org/Students

USDL, Occupational Outlook Handbook, Dietitians and Nutritionists - www.bls.gov/oco/ocos077.htm

Society for Nutrition Education - www.sne.org

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