

Dietitians and Nutritionists are food and nutrition experts. They advise people on what to eat in order to lead a healthy lifestyle or achieve specific health-related goals. A Registered Dietitian Nutritionist has met the minimum academic and professional requirements to qualify for the credential "RDN." The majority of RDNs work in the treatment and prevention of disease, in hospitals, HMOs, private practice or other health-care facilities. In addition, a large number of RDNs work in community and public health settings as well as academia and research. A growing number of RDNs work in the food and nutrition industry, in business, journalism, sports nutrition, and corporate wellness programs.

## Degree

Registered Dietitian Nutritionists (RDNs) must meet the following criteria:

- Receive a bachelor's or master's degree from a U.S. regionally accredited university or college that includes course work approved by the Academy of Nutrition and Dietetics (ACEND), formerly the American Dietetic Association.
- Complete an ACEND-accredited supervised internship at a health-care facility, community agency, food service corporation, or practicum combined with undergraduate or graduate studies. These typically run from 6 - 12 months.
- Pass a national examination administered by the Commission on Dietetic Registration (CDR).
- Complete continuing professional educational requirements to maintain registration.
- A Master's degree is required to take the CDR registration examination for dietitians.

Some RDNs hold additional certifications in specialized areas of practice, such as pediatric or renal nutrition, nutrition support and diabetes education.

## Typical Prerequisite Courses

Anatomy, Physiology, Microbiology, Statistics, Algebra, Chemistry, Psychology or Sociology.

### *Examples of MCC Courses Include*

- BIO 144 & 145 or BIO 134 & 135 – Anatomy & Physiology I & II  
(check with 4-year college to see which sequence they prefer)
- BIO 202 – Microbiology
- PSY 101 - Intro to Psychological Science or SOC 101 - Intro to Sociology
- MTH 160 - Statistics I
- MTH 165 - College Algebra
- CHE 151 & 152 - General College Chemistry I & II
- CHE 251 - Organic Chemistry I

## MCC 2+2 Transfer Pathway Advising Guides

- [Rochester Institute of Technology: B.S. Dietetics and Nutrition \(LA52\)](#)
- [SUNY Buffalo State College: B.S. Dietetics \(LA33\)](#)

Transfer college course requirements vary significantly. 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. These programs are competitive; a strong GPA and transcript are required.

## The following MCC Food Service Courses are Strongly Recommended

- FSA 108 – Principles of Healthy Cooking
- FSA 107 - Menu Planning
- FSA 221 – Cost Control
- FSA/BIO 117 - Basic Consumer Nutrition
- FSA 106 - Food Safety and Sanitation

### ***Additional Requirements***

Courses in business, accounting, psychology, economics, sociology, philosophy, governmental policies and health may be required. Some examples: ACC 101, ECO 111, PHL 101 or 103.

## Accreditation for Dietetics Education

Only graduates of ACEND accredited programs are eligible to take the exam to become a Registered Dietitian or Dietetic Technician. Please visit [eatright.org](http://eatright.org) to locate accredited programs.

### ***ACEND Accredited Programs in New York State***

- Brooklyn College (CUNY)
- Cornell University
- D’Youville University
- Hunter College (CUNY)
- Herbert H. Lehman College (CUNY)
- New York University
- Long Island University
- Queens College (CUNY)
- University at Buffalo (SUNY)
- Teachers College Columbia University
- Adelphi University
- Pace University
- Rochester Institute of Technology
- Russell Sage College
- Stonybrook University (SUNY)
- SUNY Buffalo State
- SUNY Oneonta
- SUNY Plattsburgh
- Syracuse University
- Utica University

### ***ACEND Approved Distance Education (On-Line) Programs***

Please access the following link in order to determine which Institutions offer ACEND Approved Distance Education (On-Line) programs: The Academy of Nutrition and Dietetics - [eatright.org](http://eatright.org)

## Additional Information

- [USDL, Occupational Outlook Handbook, Dietitians and Nutritionists](#)
- [The Academy of Nutrition and Dietetics](#)

*Note: While every effort is made to ensure that the information in this guide is accurate, students are advised to contact transfer institutions for specific course requirements and the most up-to-date information.*