Dietician & Nutritionist

Dietitians and Nutritionists are food and nutrition experts. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal. 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 a 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.

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

Typical Prerequisite Courses for Dietitian/Nutritionist Programs: 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 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 and/or CHE 124* - General College Chemistry I & II and/or General, Organic & Biochemistry*

*RIT requires both CHE 124 and CHE 151

MCC 2+2 Programs:

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

Additional Requirements: Courses in business, accounting, psychology, economics, sociology, governmental policies and health may be required.

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 to locate accredited programs.

ACEND Accredited Undergraduate Programs in New York State:

- Brooklyn College (CUNY)
- Cornell University
- CW Post, Long Island Campus
- D’Youville College (internship included)
- Hunter College (CUNY)
- Lehman College (CUNY)
- New York University
- Queens College (CUNY)
- RIT (co-op work experience included)
- The Sage Colleges
- SUNY Buffalo State (internship included)
- SUNY College at Oneonta
- SUNY Plattsburgh
- Syracuse University

ACEND Approved Distance Education (On-Line) Programs:

- Eastern Michigan University
- The University of Alabama
- Kansas State University
- University of Northern Colorado
- USC Leonard Davis School of Gerontology
- Rutgers, The State University of New Jersey

Additional Information:

- The Academy of Nutrition and Dietetics - [eatright.org](http://eatright.org)

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.

Updated 7/2019