Introduction: Yes, can I get a Venti Caramel Mocha Frappacino with extra whip cream and extra butter caramel sauce? Two times a week I would head over to the local Starbucks and let myself indulge into a sweet cold creation. I also journeyed over to the local McDonalds on a regular basis. Can I get a Double Cheeseburger, order of small fries and a fruit parfait? I noticed that over 2-3 months of the same routine, I saw the numbers increase whenever I stepped onto the scale. After watching Super Size Me by Morgan Spurlock (a documentary about a man going on a 30 day McDonalds binge), I wanted to make a change to my diet, because I knew at the rate I was going at, my future wasn’t looking so bright. 

Thesis: Today I am going to be talking about becoming a Dietician, a career that I have just recently gotten interested in, and maybe one day become. 

Mapping: First, I will be giving a job description, discussing the educational requirements, and the job outlook and salary of a dietician.

II. Body

1) Job Description

A) A Dietician is a person who specializes in the study of food and its nutritional properties. They give advice on the design of special diets for well and ill patients.

B) Basically, a dietician supervises the preparation and serving of meals. They assist in promoting healthy eating habits and recommend dietary changes.

   1. For example, dieticians may want to reduce the amount of sugar consumed for patients who are overweight or diabetic; and also minimize the amount of salt intake for patients who have high blood pressure.

C) There are four main areas that a Dietician may pursue as a career. They are: community, clinical, consultant dietetics, and management.

   1. Community dieticians work in clinics that analyze individual daily needs; assist in developing nutritional plans, as well as proper ways to go grocery shopping.

   2. Clinical dieticians work in hospital and develop nutrition plans for the patient and evaluate the results. They take these results and discuss with doctors and health care professionals the patients’ nutritional needs.

   3. Consultant dieticians work in their own practice. They give advice on concerns relating to weight loss and cholesterol reduction. It is also common for athletes and sports teams to consult a dietician in proper planning and healthier eating.
4. Lastly, management dieticians do the hiring and training and direct the food service workers as well as dieticians. Management dieticians supervise the budgeting for food as well. In addition, they prepare reports and regulate sanitary and safety regulations. They often work in schools, prisons and cafeterias.

**Transition:** Some people may believe that having a career as a dietician maybe simple and less strenuous than other jobs but they may not realize that the path to becoming a dietician is not at all simple. The most important hurdle to get over is getting through the educational requirements and qualifications

2) Qualifications/Educational Requirements

A) According to Collegeboard [www.collegeboard.com](http://www.collegeboard.com) and the ADA (American Dietetic Association), high school students who are interested in becoming a dietician should focus on the subjects of: biology, math, communications, health and chemistry. College students who are interested should focus on obtaining a bachelors degree in food management, food and nutrition, or dietetics. Courses to focus on in college are the following: physiology, biology, biochemistry, nutrition and management.

B) For those interested in becoming a dietician, they should check with their state requirements. For those that pass an exam, although not required, the Commission on Dietetic Registration of the American Dietetic Association awards the title “Registered Dietician,” after completing their academic requirements and supervised internship.

1. The supervised internship can be done in 2 ways: The completion of a CADE (Commission on Accreditation for Dietetics Education) accredited program and two, the completion of 900 hours of supervised internship. Internships may last from 6-12 months or a program up to 2 years.

**Transition:** Proper planning ahead of time and meeting with educational counselors is essential and will assist you in getting on the necessary path to eventually prepare you for the job market. Searching for jobs and job competition is one of the many concerns for those interested in a certain career. For future dieticians who maybe worried about the competition in the job market, as well as the salary, the future may be bright for dieticians in the coming years.

3) Job outlook

A) The occupation opportunities for dieticians have been increasing over the years due to the increasing awareness of health and disease prevention and eating habits. Due to new diet fads and diet theories, the demand for dieticians is expected to grow throughout the year 2014.

1. Also, as our nation gets older and population increases, it will also spark the demand for nutritional counseling in all types of facilities.

2. Salaries of dieticians vary in different ways. Depending on how long a dietician has been in practice, it can affect their income. Other ways salaries vary are: education level, geographic region and the size of the community in which you work in. Also, dieticians
who have specialized training or have a master’s degree, experience better employment opportunities than those who are unspecialized.

3. According to the Occupational Outlook Handbook, the ADA states that in 2005, registered dieticians income was an average of $53,800 in consultation/business; $60,000 in food and nutrition management; $60,200 in education/research and $44,800 in community nutrition.

Transition: The increased growth and demand for dieticians should provide some hope for future candidates about the job outlook of a dietician; and for those who were curious about the salary; you are now aware that the salary can depend on things you may have never thought about.

Conclusion: I mentioned earlier that I would let myself indulge in Starbucks and cravings for McDonalds repeatedly; and not knowing the impact it was having on my body. To visually see it on the scale and as a documentary on Super Size Me by Morgan Spurlock, it has been a wake-up call to my health and an interest in a career. With constant self-reminders to attempt to eat healthier and avoid fast food and even pay attention to nutrition labels, I hope to make better decisions for my health. I am looking forward to the journey in becoming a dietician and hopefully one day, I will get the chance to educate others on the importance of nutrition; but also how to choose healthier eating habits and make better decisions for a more suitable life style.

Bibliography


