

WHAT CAN I DO WITH A MAJOR IN HUMAN NUTRITION

CAREER INFORMATION FOR MAJOR IN HUMAN NUTRITION

This handout provides sources of career information for **Human Nutrition** Majors. There are different career options available in the field of **Human Nutrition**. Below is a sample of some of the types of positions for graduates with major in **Human Nutrition**. Please note that you might require further education and experience for some positions.

SKILLS DEVELOPED BY HUMAN NUTRITION STUDENTS

General

- Communication skills
- Ability to motivate
- Time management
- The ability to work effectively in teams
- Attention to detail
- Writing skills
- Communication strategies in the workplace

Analysis

- Assess nutritional status and progress
- Identify and interpret lab data
- Identify appropriate goals
- Analyze various food items
- Statistical skills
- Ability to review information and make informed decisions

Technical

- Knowledge of nutritional products
- Nutritional care plan creation
- Menu planning
- Consultation procedures
- Well-developed laboratory skills
- Nutrition theory & practical knowledge
- Theoretical foundation in food and nutritional sciences

CAREERS IN HUMAN NUTRITION

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| <ul style="list-style-type: none"> • Operations Coordinator – Food Assembly • Health Care Product Sales Representative • Healthy Foods Program Coordinator • Food Technologist • Food Product and Recipe Developer • Public Health Educator/Program Coordinator • Naturopath, Physician Assistant • Clinical Dietitian • Community Dietitian | <ul style="list-style-type: none"> • Food Trade Analyst • Purchasing Officer • Dietary Consultant • Healthy Foods Program Coordinator • Food Technologist • Food Product and Recipe Developer • Public Health Educator/Program Coordinator • Food Service Manager • Food Product Database • Catering Manager • Management dietitians • Health Policy Analyst • Consultant Dietitians | <ul style="list-style-type: none"> • Physician, Home Economics Teacher • Health and Safety Coordinator • Laboratory Technician • Disaster Response Food Relief Worker • Food Capacity Development Manager • Geriatric Food Designer • Product Development Specialist • Food Service Manager • Food Inspector • Technical Writer (Food) • Public Health Inspector • Food advertising and marketing |
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EMPLOYERS WHO HIRE HUMAN NUTRITION STUDENTS GRADUATES

- Fitness Centers
- Food Manufacturing Companies
- Sodexo Canada
- Food Manufacturing
- Food Service Companies
- Weight Loss Centers
- Companies
- Food-related Publication
- Biotechnology firms
- Long Term Care Facilities
- Educational Institutions
- Pharmaceutical/nutraceutical manufacturers
- Personal Care Homes
- Day Cares
- Non-profit organizations
- Canadian Food Inspection Agency
- Adult/Senior Care Facilities
- Non-governmental Organizations
- Commodity Boards/Marketing Agencies
- Hospitals
- International Development Agencies
- Sports Teams
- Loblaws
- Sobeyes
- Government/Health Authorities

HUMAN NUTRITION JOBS

Indeed: <http://www.indeed.ca/Nutritionist-jobs>

Monster:
<http://jobsearch.monster.ca/Search.aspx?q=dietitian&cy=ca&lid=224&re=130>

CareerBeacon:
<http://www.careerbeacon.com/search.html?q=Nutrition>

Workopolis:

<http://www.workopolis.com/EN/jobsearch/dietitian-jobs?ak=dietitian&lg=en>

WowJobs:

<http://www.wowjobs.ca/BrowseResults.aspx?q=Nutritionist&s=r&l=>

Talent Egg <http://www.talentegg.ca>

HUMAN NUTRITION ASSOCIATIONS

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| <ul style="list-style-type: none"> • Dietitians of Canada: www.dietitians.ca • National Occupational Classification:
 http://www.statcan.gc.ca/daily-quotidien/110810/dq110810a-eng.htm • Canadian Association of Foodservice Professionals:
 www.cafp.com/ • Canadian Society of Nutrition Management
 www.csnm.ca | <ul style="list-style-type: none"> • Dietitians of Canada www.dietitians.ca • Canadian Health Food Association www.chfa.ca • Canadian Council of Food and Nutrition www.ccfm.ca • Canadian Nutrition Society www.cns-scn.ca • Kraft Canada Kitchens Experts:
 www.kraftcanada.com/en/about/experts/KraftKitchensExperts.aspx |
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OTHER RESOURCES

- Opportunities in Nutrition Careers: Carol Coles Caldwell
- Careers in Nutrition: Linda Bickerstaff
- Choosing a Career in Nutrition: Sur Hurwitz

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