



# Nutrition Career Path Worksheet

Use this worksheet to identify your skillsets and the career paths that interest you most in the nutrition and dietetics fields.

## Current Reflections

## Future Thinking

INTERESTS

What were your favorite classes and/or topics in your nutrition and dietetics education?

What topics in nutrition/dietetics do you hope to learn more about in the next couple years?

SKILLS

What skills do you currently have? Do you have strong communications skills, research skills, analytical skills? Be specific!

What skillsets would you like to develop or explore further?

EXPERIENCE

What have been your favorite internship or work opportunities?

What internship or work opportunities are you interested in pursuing next?

MENTORS

Who do you currently consider to be your mentor(s)?

Who would you like to approach to be a mentor in the future?

## Read back through your answers...

If you often mentioned a lot about:

Consider a career as a:

Food science, working in the lab, writing research papers

Nutrition scientist, food scientist or researcher in a lab or at a CPG company

Creating written or visual content, educating consumers about nutrition

Nutrition communications specialist for a CPG company or at a communications agency, media RDN, nutrition journalist

Food regulation and safety, food policy, foodservice quality control

Food regulatory expert in industry, government, academia or as a consultant

Clinical dietetics, working 1:1 with patients, medical nutrition therapy

Private practice or hospital dietitian or corporate wellness dietitian

Sustainable nutrition, sustainability, food systems

Sustainability and food systems expert in the public or private sector

Community nutrition, public health, epidemiology, food and nutrition policy

Community and public health nutritionist in industry, government or at a non-profit

FUTURE

If you could have any job in the field right now, what would it be?

What job in the field do you want to have 5-10 years into your career?