

DIETETIC ASSISTANT

Entry Level: Associate's Degree

***Please Note:** BYU Life Sciences has a specific Dietetics program, separate from the Exercise Science and Exercise and Wellness degrees:

<https://catalog.byu.edu/life-sciences/nutrition-dietetics-and-food-science/dietetics-bs>.

Dietetic Assistants work under the supervision of a dietitian to gather nutritional data, assess patients' nutritional needs, and prepare menus.²

JOB REQUIREMENTS

What is the exact job title?

- Dietetic Assistant
- Dietetic Technician

How do I become one?

- Complete an associate's degree program (some schools offer a 2-year dietetics technician program).¹
- Complete an internship (recommended) - these hours can be applied to the required 450 hours of supervised experience necessary to earn the designation of Dietetic Technician, Registered (DTR).¹
- Check licensure requirements for your state. Licensure regulations vary by state and job duties/title; registration is voluntary.¹

What qualities do I need?

- Dietetic assistance is a career that works closely with a team and with patients or clients to provide good health through the management of nutrition and diet. Good communication skills and interpersonal relationship skills are helpful to be a successful dietetic assistant. Skills in time and resource management are also helpful.¹

TYPICAL WORK DAY

What do they do?

- Dietetic technicians assist in the provision of food service and nutritional programs, under the supervision of a dietitian. They may plan and produce meals based on established guidelines, teach principles of food and nutrition, or counsel individuals.²

Where do they normally work?

- A dietetic assistant usually works in a hospital setting, but may also be employed in other institutional food service environments.¹

What hours do they work?

- Most work a typical 40-hour week.⁴

1https://study.com/articles/Dietetic_Assistant_Job_Information_and_Requirements_for_a_Career_as_a_Dietetic_Assistant.html

2<https://www.bls.gov/oes/2017/may/oes292051.htm>

3https://www.payscale.com/research/US/Job=Dietitian_Assistant/Salary

4<https://explorehealthcareers.org/career/nutrition-dietetics/dietitian-nutritionist/>

BENEFITS

What is a typical salary in this field?

- BLS: In May 2017, mean wage was \$14.24/hour or \$29,601/year.²
- Payscale: \$13.34/hour or \$26,440/year.³

Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)

- Medical 33%³
- Vision 33%³
- Dental 33%³
- None 67%³

GROWTH

What is the projected job growth?

- Between 2016-2026, job growth is projected to be 15%.²

Last Updated: October 2019

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