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_AssistantJob_Information_and_Requirements_for_a_Career_as_a_Dietetic_Assistant.html
²https://www.bls.gov/oes/2017/may/oes292051.htm
³https://www.payscale.com/research/US/Job=Dietitian_Assistant/Salary
⁴https://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

1https://study.com/articles/Dietetic_Assistant_Job_Information_and_Requirements_for_a_Career_as_a_Dietetic_Assistant.html
2https://www.bls.gov/oes/2017/may/oes292051.htm
3https://www.payscale.com/research/US/Job=Dietitian_Assistant/Salary
4https://explorehealthcareers.org/career/nutrition-dietetics/dietitian-nutritionist/