



University of Vermont

A Closer Look at Dietetics



College of Agriculture
and Life Sciences

Department of Nutrition and Food Sciences

802-656-3374

<http://Nutrition.uvm.edu>

Courses

- Basic Concepts of Food
- Basic Concepts of Foods Lab
- Fundamentals of Nutrition
- Survey of the Field
- Sports Nutrition
- Management of Eating Disorders
- Obesity, Weight Control and Fitness
- Nutrition in the Lifecycle
- Food Service Systems Management
- Advanced Nutrition
- Nutritional Biochemistry
- Diet and Disease
- Community Nutrition
- Food Technology
- Food Microbiology
- Nutritional Education and Counseling
- Functional Foods
- ServeSafe
- Nutrition in Hlth & Disease Prevention
- Beer: Tapping into Food Science
- Cheese and Culture
- Food and Culture
- Sensory Evaluation of Foods
- From Farm to Table:
Our contemporary food /system

Eating right to live better has become a top priority for many Americans. As highly trained professionals, dietitians specialize in teaching about the relationship between food, nutrition and health. The study of health and nutrition is rooted in the physical and biochemical sciences. It is comprehensive in scope, integrating knowledge of the psychological and social sciences. Dietetics is the integration and application of principles derived from the sciences of food, nutrition, management, communication, and biological, physiological, behavioral and social sciences to achieve and maintain optimal human health.

A Look at Our Program

Our curriculum provides a solid background in basic science, preventive and therapeutic nutrition, food safety and quantity food management. It will provide you with the academic credibility needed to counsel people about nutrition and health.

The program is designed to meet or exceed the didactic requirements prescribed by the American Dietetic Association. The Didactic Program in Dietetics (DPD) at the University of Vermont is currently granted accreditation by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association. UVM is the only school in Vermont to offer this coursework. In 2005, 100% of UVM graduates were accepted into highly competitive dietetic internships, which are offered around the country and are required for registration eligibility. The national acceptance rate into dietetic internships is 73%. Our graduates have interned at such sites as Beth Israel and Brigham and Women's Hospital in Boston, and NY Presbyterian.

Graduates must also pass the national registration exam to become a registered dietitian. Since 1990, nearly 95 percent of all UVM graduates have passed the exam on the first try compared to 84 percent nationally since 1990.

What Will I Study?

All students are required to complete the basic distribution requirements for the College of Agriculture and Life Sciences which includes courses in communications, life sciences, social sciences, and the humanities. In addition, you'll take specified courses in nutrition and food sciences.

Exciting Field Experience

Students have many opportunities to gain practical experience while at UVM. Dietetics majors can engage in laboratory or field research with a faculty member for academic credit, or, in some cases, as employees.

Others students have been placed in clinical, community or industry field experiences for credit during the academic year or summer. Students have been placed in clinical positions in hospitals and nursing homes; in community public health or non-profit organization such as the Supplemental Nutrition Program for Women, Infants and Children, Headstart and the Vermont Campaign to End Childhood Hunger; or food industries including Ben & Jerry's. Additionally, students can take advantage of an international development experience offered over the summer in Latin America or the Caribbean through the Community Development and Applied Economics Department.

A Look at Your Future

According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow about as fast as the average for all occupations through the year 2005 because of increased emphasis on disease prevention, a growing and aging population, and public interest in nutrition. Career opportunities include food and nutrition management, community or public health nutrition (WIC programs, public health departments, Headstart, education and research (worksite wellness, health clubs/spas, Cooperative Extension, research assistant), consultant/private practice, business and industry (pharmaceutical, food industry, food service, trade associations), media, international food organizations (US AID, Care, Peace Corps), and public policy/government organizations (USDA, NIH). Additionally, many of our students go on to graduate or professional schools to be physicians, physical therapists, physician's assistants or dentists.

According to ADA's 2002 Dietetics Compensation and Benefits Survey, half of all RDs in the U.S. who have been working in the field for four years or less earn between \$33,000 and \$42,000 per year. As with any profession, salaries and fees vary by region of the country, employment settings, scope of responsibility, and supply of RDs. Salaries increase with years of experience and many RDs, particularly those in management, business, and consulting earn incomes above \$50,000.

Careers in Dietetics/Nutrition and Food Sciences

- Clinical Dietetics
- Food and Nutrition Management
- Community or Public Health Nutrition (WIC programs, Public Health Departments, Headstart)
- Education and Research (Worksite Wellness, Health Clubs/Spas, Cooperative Extension, Research Assistant)
- Consultant/Private Practice
- Related Health Professionals (Chiropractor, Dentist, Naturopathic Doctor, Physical Therapist, Physician, Physician Assistant)
- Business and Industry (Pharmaceutical, Food Industry, Food Service, Trade Associations)
- Media
- International Food Organizations
- Public Policy/Government

Faculty and Area of Expertise

Montserrat Almena-Aliste, PhD	University of Santiago de Compostela; sensory evaluation of food
Linda Berlin, PhD	Tufts University; Extension Nutrition Specialist; Food & Agriculture Policy
Lyndon B. Carew, PhD	Cornell University; fundamentals of nutrition
Catherine W. Donnelly, PhD	North Carolina State University; food microbiology
Sylvia M. Geiger, MS, RD	Oklahoma State University; quantity food production and service; food service systems management
Mingrui Guo, PhD	University College, Cork, IRELAND; functional foods
Jean Harvey-Berino, PhD, RD	University of Pittsburgh; obesity
Rachel K. Johnson, PhD, RD	Pennsylvania State University; pediatric nutrition; dietary reporting
Paul S. Kindstedt, PhD	Cornell University; fermented dairy foods
Deborah Paradis, MS	University of Vermont; basic & lifecycle nutrition
Stephen J. Pintauro, PhD	University of Rhode Island; computer mediated nutrition education
Candace Polzella, MSS, RD	University of Colorado – Denver; nutrition counseling
Todd J. Pritchard, PhD	University of Vermont; food microbiology; food technology
Jane K. Ross, PhD, RD	Oregon State University; clinical dietetics
Amy Trubeck, PhD	University of Pennsylvania; cultural food systems; culinary arts
Robert S. Tyzbir, Ph	University of Rhode Island; sports nutrition; nutritional biochemistry