

## *I Want That Job! – Dietitian*

Justin Pye:

We all know that eating the right foods is key to a healthy lifestyle, but how can you turn that knowledge into a career? Well, let's meet Vandana Sheth, she's a registered dietitian.

Vandana Sheth:

A registered dietitian nutritionist is the food and nutrition expert. The ultimate goal is to promote health and wellness, so we identify where there are nutrition gaps and help clients really optimize what they eat and how they feel for health promotion and disease prevention.

Vandana Sheth:

So, you need a minimum of an undergraduate degree, and we have a ton of science-based curriculum. We also need to have a minimum of 1000 to 1200 hours of supervised internship, and then you take a national board exam. Once you're qualified, we have to maintain our units, so we stay current. I have specific days that I assign to see clients in my practice, either in my office right here or virtually, that I can see from anywhere. I also am a speaker, so I often travel to different venues to present nutrition topics. So, I wanted to talk to you a little bit about Indian food. Events like these are extremely important to me because I believe this is where you can make a true connection with a bigger audience. They get to see, they get to hear, and they also get to taste.

Vandana Sheth:

Becoming a registered dietitian nutritionist can be a great career path. It is a growing field, and so you can really impact people, so it's an exciting field to be in.

Justin Pye:

That was cool, right? If you're still curious about a career as a dietitian, go to [workingnation.com](http://workingnation.com) to learn more.