

RD NETWORK

Online community with Professional Resources for Dietitians, Business Education, Networking, Job Boards, and more.

DIETITIANS AS CORPORATE CONSULTANTS

BY KATHLEEN ROVIRA

Many registered dietitian practice outside the traditional nutrition field. It is not a surprise that many dietitians have expanded into corporate consulting. Corporations are turning to nutritional experts for evidence-based advice and credibility when it comes to marketing, advertising, and manufacturing food products

Corporate consultant dietitians work under a contract for corporations to provide nutritional expertise and services:

- Seminars on nutrition and public health trends
- Cooking classes and food demonstrations
- Health, wellness, and nutrition expertise at corporate health and fitness events
- Development of nutrition programs, materials, and presentations for corporate wellness programs
- Design menus for corporate events and businesses
- Development of educational content based on evidence-based scientific information for health professionals, consumers, and media.
- Menu and nutrient analysis Lunch and Learn Workshops
- Consultation on company provided food and meals
- Food and recipe development

These are some examples of nutritional services a corporate consultant dietitian may offer.



Benefits of working as a Consultant

- Negotiate prices per hour or project
- Flexibility, work-life balance
- Work from home possibilities
- Traveling opportunities

How to become a Consultant Dietitian

- Obtain a four-year bachelor's degree in dietetics from a DPD accredited college/university
- Complete a 1,200 hour supervised practice program (Dietetic Internship)
- Pass the Commission of Dietetics Registration (CDR) national exam. *A masters degree is required to be eligible to take the national exam per CDR by 2024.
- Network through conferences, business meetings, meet-up groups, career fairs, or health fairs.
- Build your resume by volunteering or providing consulting work at a reduced cost to obtain experience.
- Create your platform via websites and social media



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Salary Outlook and Employers

According to Zipcruiter, corporate dietitians can expect a salary between \$56k-\$100k. The national average is about \$73,457 a year. However, the amount of experience also plays in negotiating with companies per project.

Work with:

- Retail food chains
- Food manufacturers
- Food franchises

RDs in Corporate Consulting Spotlight

- Marisa Moore, MBA, RDN,LD, runs a full-time business in Atlanta GA, and has appeared in several national media outlets. She is an editor for Food and Nutrition Magazine and previously managed a wellness program for the US Centers for Disease Control. Check her out at <https://marisamoore.com>
- Mascha Davis, MPH, RDN, is the founder of Nomadista Nutrition which provides her nutritional services to individuals and families, companies and corporations, and the media. She utilized her global travel experience and background in public health to start her private practice based in Los Angeles, CA. Check her out at <https://nomadistanutrition.com>

GET CONNECTED THROUGH RD NETWORK

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Are you a business looking for nutritional expertise in communications, social media, food product development, marketing, or Telehealth? We can help! Are you a dietitian or an RD2BE looking to collaborate with companies on brand deals, communications, social media, food product development, marketing, or Telehealth? We can help!

We want to connect businesses and dietitians/RD2BEs for collaborations and sponsorships. Please fill out a form on our website at www.rdnetworkapp.com and let's get started!

□ Why should food companies and businesses care about having a registered dietitian work in collaboration with them? Dietitians are nutrition experts, they have received extensive education on the subject of nutrition, credentialing and must uphold a Code of Ethics. □□ Dietitians have the skills and expertise to provide recommendations backed by science-based nutrition information. They can provide accurate and reliable nutrition insights to guide businesses and companies through consultation, content development, product innovations, recipe developments, and much more. By working in collaboration with a Registered Dietitian through social media, businesses can benefit from increased brand visibility and credibility among the RD community!

