1) Communication:

-It is essential for a dietitian to be able to communicate in a clear and understanding matter, whether it is to clients or employees. It is important to remain personable to the clients so they are able to open up and talk about their questions and concerns.

2) Nutrition- based knowledge:

-When trying to communicate with clients, it is also important to provide useful information to benefit their specific requirements. It is important as a Nutritionist to understand the basic nutritional needs of women, infants, and children in order to provide dietary recommendations to each client.

3) Utilizing computer skills:

-It is important to obtain knowledge regarding technology. Computing confidential information into the computer is very important. Computer skills also allow access and input of certain data. Understanding different programs is essential in order to provide correct data concerning clients.

4) Problem Solving Skills:

-There is a wide variety of occupations that a graduate in our field may pursue. Problem solving seems to be a skill that is essential when working in nutrition. Whether you are working as a counselor, working as a nutritionist in a facility, or working in a school…you must have the knowledge and the ability to make decisions that will affect the health of others. Through my counseling and my experience working in a dietetics office in a hospital I was able to utilize my knowledge of nutrition to provide positive outcomes for patients and clients. In my counseling I was able to identify areas that required change and help create diet and workout plans to reach each individual’s goal. At the hospital I developed meal plans that were healthy and met all the needs of our patients and co-workers.