



SAARTHI • सारथी

करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

आहार विशेषज्ञ

A dietitian is a nutrition-science expert who advises people on healthy eating and diet plans. They design diet charts, manage nutrition in illness, and promote awareness of balanced diets.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/dietitian

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri • ब्लॉक समदड़ी • बालोतरा (Block Samdari • Balotra)

www.gsssjethantri.in • career.gsssjethantri.in



सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी • मास्टर ट्रेनर
Principal, GSSS Jethantri • Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

A dietitian is a nutrition-science expert who advises people on healthy eating and diet plans. They design diet charts, manage nutrition in illness, and promote awareness of balanced diets.

2 At a glance

Minimum qualification	B.Sc + M.Sc Dietetics; RD
Duration	3-5 years
Minimum qualification	10+2 (PCB), merit/entrance
Starting salary	₹18,000-25,000/month

3 What you need

INTERESTS

- Interest in health and nutrition
- Research and working independently
- Helping others solve their problems

ABILITIES

- Strong communication skills
- Patience and empathy
- Analytical thinking

KEY SKILLS

- Nutrition assessment
- Clinical nutrition knowledge
- Record and data management
- Diet chart and meal planning
- Patient counselling
- Continuous learning

4 How to get there

- 1 Complete 10+2 with science (Physics, Chemistry, Biology).

- 2 Do a B.Sc in Dietetics / Food & Nutrition (3 years).
- 3 Pursue an M.Sc or PG Diploma in Clinical Nutrition/Dietetics.
- 4 Clear the IDA exam to become a Registered Dietitian (RD).
- 5 Gain practical experience through a hospital internship.

MAIN EXAMS

- NEET / university merit (UG admission)
- IDA Registered Dietitian (RD) exam

5 Where to study

GOVERNMENT INSTITUTES

- AIIMS जोधपुर — Jodhpur, Rajasthan
- SMS मेडिकल कॉलेज — Jaipur, Rajasthan
- RNT मेडिकल कॉलेज — Udaipur, Rajasthan
- AIIMS नई दिल्ली — New Delhi

PRIVATE INSTITUTES

- निम्स यूनिवर्सिटी — Jaipur, Rajasthan
- वीमेन्स क्रिश्चियन कॉलेज — Chennai
- एमिटी यूनिवर्सिटी — Noida

ONLINE

- इग्नू (दूरस्थ शिक्षा) — Distance (<https://www.ignou.ac.in>)
- Coursera / Udemy पोषण पाठ्यक्रम — Online

FEES

About ₹10,000-40,000/year in government institutes; ₹40,000-1,50,000/year in private ones.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल / National Scholarship Portal (<https://scholarships.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- विद्यालक्ष्मी शिक्षा ऋण / Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Government and private hospitals, health centres, nursing homes, gyms and fitness centres, schools, and self-practice.

WORK CULTURE

Largely desk-based; 6-7 days a week, 8-9 hours a day. Part-time and consulting work possible. Opportunities exist for persons with disabilities.

WHO HIRES

- Government hospitals (SMS, AIIMS Jodhpur)
- Private hospitals and nursing homes
- Fitness and wellness centres
- Food and FMCG companies
- Schools and hostels
- Self-employment / private clinic

DEMAND (2026)

With rising lifestyle diseases (diabetes, obesity) and health awareness, demand for dietitians is growing fast in 2026, especially in hospitals, wellness, and online consulting.

7 Career growth

- 1 Trainee dietitian
- 2 Dietitian
- 3 Senior dietitian
- 4 Head of department (nutrition)

EARNINGS

Starting	₹18,000-25,000/माह
Mid level	₹30,000-50,000/माह
Senior level	₹60,000-1,20,000/माह

Source: NCS and industry estimates, 2026; RD certification and private practice can raise earnings.

8 The good parts · The challenges

The good parts

- Satisfaction of helping people live healthier
- Scope for self-employment and flexible work
- A field with growing demand

The challenges

- Relatively low starting pay
- Requires RD certification and continuous study
- Results take time and patience

9 Real-life journeys

Reshmi Roy Choudhury

Nutritionist and columnist, Kolkata

With a master's in Food & Nutrition, Reshmi has been in clinical practice since 1992. Her work in preventive healthcare has helped many patients, and she writes on health for leading dailies.

Dietitian Kolkata · https://www.dietitiankolkata.com/?page_id=2

Luke Coutinho

Integrative and lifestyle nutritionist, Mumbai

Mumbai-based Luke Coutinho, trained in nutritional science, co-founded Luke Coutinho Holistic Healing Systems. He works on diet and lifestyle-based nutrition therapy for preventing and managing disease and has authored several books including 'The Great Indian Diet', showing how nutrition can become an impactful career.

Wikipedia · https://en.wikipedia.org/wiki/Luke_Coutinho

10 Sources & further reading

1. Rajasthan Career Guidance — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%86%e0%a4%b9%e0%a4%be%e0%a4%b0-%e0%a4%b5%e0%a4%bf%e0%a4%b6%e0%a5%87%e0%a4%b7%e0%a4%9c%e0%a5%8d%e0%a4%9e/>
2. Indian Dietetic Association (IDA) — <http://www.idaindia.com>
3. National Scholarship Portal — <https://scholarships.gov.in>



And 770+ more careers — the whole portal

Interest and aptitude tests, government jobs, skill courses and a CV builder — free, no login, and it works offline.

career.gsssjethantri.in