



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

पोषण विशेषज्ञ / आहार विशेषज्ञ

Nutritionists/Dietitians help people stay healthy, manage disease and improve fitness by planning the right diet and nutrition. The work spans clinical dietetics, sports nutrition, community health and private consulting.



Scan for everything on this career

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

career.gsssjethantri.in/#/career/nutritionist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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

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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

Nutritionists/Dietitians help people stay healthy, manage disease and improve fitness by planning the right diet and nutrition. The work spans clinical dietetics, sports nutrition, community health and private consulting.

2 At a glance

Stream	Science (Biology/Home Science)
Entry qualification	B.Sc Food & Nutrition
Key credential	RD (Indian Dietetic Association)
Avg starting pay	₹2.5–4 LPA

3 What you need

INTERESTS

- Interest in food, health and the human body
- Science and evidence-based thinking
- Helping people and improving lifestyles

ABILITIES

- Grasp of biology and chemistry
- Patience and communication skills
- Calculation and meal planning

KEY SKILLS

- Clinical nutrition and diet therapy
- Patient counselling and guidance
- Sports and fitness nutrition
- Record-keeping and case analysis
- Calorie and nutrient calculation
- Knowledge of food science
- Community health awareness

4 How to get there

- 1 Pass Class 12 Science (Biology/Home Science).
- 2 Do a B.Sc in Food & Nutrition / Home Science / Clinical Nutrition (3 years).
- 3 Complete an M.Sc in Nutrition & Dietetics (2 years).
- 4 Do the compulsory 6-month hospital internship.
- 5 Clear the IDA RD exam to become a Registered Dietitian.
- 6 Specialise in clinical, sports or private consulting.

MAIN EXAMS

- RD exam (Indian Dietetic Association, held annually in November)
- University/CUET entrance tests

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (Home Science) — Jaipur, Rajasthan
- Maharani College — Jaipur, Rajasthan
- Lady Irwin College (DU) — New Delhi (<https://www.ladyirwin.edu.in/>)

PRIVATE INSTITUTES

- IIS (Deemed to be University) — Jaipur, Rajasthan (<https://www.iisuniv.ac.in/>)
- NIMS University — Jaipur, Rajasthan
- JNU Jaipur — Jaipur, Rajasthan (<https://www.jnujaipur.ac.in/programmes/ug-programmes/b-sc-clinical-dietetics>)

ONLINE

- IGNOU (PG Diploma in Dietetics & Public Nutrition) — Distance/Online (<https://www.ignou.ac.in/>)
- Coursera (Nutrition courses) — Online (<https://www.coursera.org/>)

FEES

B.Sc costs about ₹10–40k/year in government colleges; ₹60k–₹1.5 lakh/year at private universities. M.Sc adds extra fees.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Rajasthan SSO Scholarship Portal (<https://sso.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Hospitals, health clinics, gyms, sports academies, wellness centres, NGOs and one's own private clinic.

WORK CULTURE

Direct interaction with patients and clients, teamwork with doctors; flexible hours in private consulting.

WHO HIRES

- | | |
|--|------------------------------------|
| • Large hospitals (Fortis, Apollo, Narayana) | • Wellness and fitness chains |
| • Sports academies and teams | • Food and health companies |
| • Government health programmes and NGOs | • Online diet and health platforms |

DEMAND (2026)

Rising lifestyle diseases and fitness awareness are driving fast-growing demand for nutritionists.

7 Career growth

- 1 Intern / Junior Dietitian
- 2 Clinical Dietitian (RD)
- 3 Senior Nutritionist / Head Dietitian
- 4 Consultant / Independent clinic owner

EARNINGS

Starting	₹2.5-4 लाख/वर्ष
Mid level	₹4-8 लाख/वर्ष
Senior level	₹10-25 लाख/वर्ष

Hospital jobs pay steadily; successful private consultants and celebrity nutritionists earn far more.

8 The good parts · The challenges

The good parts

- Chance to make a direct impact by making people healthier
- Can build your own clinic and a flexible career
- Growing demand and opportunities across many fields

The challenges

- Starting pay is often low
- Building a private practice takes time and effort
- Motivating clients to change habits can be challenging

9 Real-life journeys

Rujuta Diwekar

Celebrity nutritionist and author

After industrial chemistry and a sports-nutrition diploma, Rujuta popularised nutrition by championing traditional Indian food. Her books have sold in millions and she has millions of followers.

Al Jazeera · <https://www.aljazeera.com/economy/2021/7/23/indias-weight-loss-guru-rujuta-diwekar-on-why-grandma-knows-best>

Nikhil Dhurandhar

Nutrition & obesity scientist, Chair of Nutritional Sciences — Texas Tech University

From training as a homeopath in India to earning a PhD, Nikhil Dhurandhar became a leading obesity and nutrition scientist. He chairs the Department of Nutritional Sciences at Texas Tech University, coined the term 'infectobesity' for obesity of infectious origin, and served as president of The Obesity Society in 2014-15. He also received the American Society for Nutrition's Osborne and Mendel Award.

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

10 Sources & further reading

1. RD Eligibility — Indian Dietetic Association — <https://idaindia.com/rd-eligibility/>
2. How to become a dietitian in India — <https://www.collegedekho.com/articles/how-to-get-registered-as-a-nutritionist-in-india/>
3. Dietitian salary (Indeed India) — <https://in.indeed.com/career/dietitian/salaries>
4. IIS University Jaipur — Nutrition & Dietetics — <https://www.iisuniv.ac.in/>



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