

## **Frequently Asked Questions (FAQs) on IDA**

### **Q – What is the difference between a Dietitian and Nutritionist?**

A – It is at times used interchangeably. There is no legal definition for either of them, in India. Broadly speaking, both Dietitian and Nutritionist are qualified in Food Science, Nutrition, Dietetics and other related subjects. A Dietitian can also be called a Nutritionist because she/he is educated in all aspects of this professional science. However, a Nutritionist is not always a Dietitian because she/he may not be qualified in Clinical Nutrition.

### **Q – What is the minimum qualification required to be a Dietitian or a Nutritionist?**

A – A Post Graduate Diploma or Degree which covers subjects like Nutrition, Dietetics, Food Science, Physiology, Nutritional Biochemistry, and so on, is the minimum requirement. To give clinical advice for various diseases or disorders, the title of RD (Registered Dietitian) recognizes the person's good practice standards.

### **Q – What are the career opportunities for a Dietitian or a Nutritionist?**

A – There are several areas of work / practice for a qualified person. Some of them are – clinical (hospitals, nursing homes, clinics, etc), teaching institutions, research, fitness centres, private practice, corporate consultation, wellness industry, product development, food industry, pharmaceutical industry, government programs, international organizations, web service consultations using apps / websites, community outreach programs, school health nutrition, hospitality sector, entrepreneurship, etc.

### **Q – Who can become a member of IDA?**

A – With every passing year, membership is becoming more stringent in order to advance the profession. Eligibility criteria for IDA membership is given under 'Membership' in this website.