

Dietitian

The regulated food and nutrition expert. A 4-year degree, a hard-to-get internship, then hospitals, clinics or your own practice.

TYPICAL PAY

\$87,000

a year, full time

PAY RANGE

\$47k to \$104k

starting to experienced

TIME TO QUALIFY

5 to 6 years

after high school

DEMAND

Good

job outlook

LICENCE NEEDED

Yes

regulated job

WHERE YOU WORK

**Hospitals, community health,
long-term care, private practice**

How you get there

- 1 High school** Grades 11 and 12
Grade 12 biology, chemistry, math and English.
- 2 Accredited nutrition degree** 4 years
A 4-year university degree in nutrition or dietetics accredited by PDEP (the Partnership for Dietetic Education and Practice). Lots of chemistry, biochemistry and physiology.
- 3 Dietetic internship or integrated master's** 8 to 12 months, or 2 years for a master's
Supervised practice in hospitals, community and food service. Spots are limited and applications are competitive. Some schools fold the practicum into a master's degree instead.
- 4 Write the CDRE (the Canadian Dietetic Registration Examination)** After the internship
The national exam, used in every province except Quebec.
- 5 Register with your provincial college** A few weeks
For example the College of Dietitians of Ontario. Then you can use the title.

Pros and cons

- + A protected title that carries credibility
- + Daytime hours in almost every setting
- + Many settings: hospital, community, sports, industry, your own practice
- The internship bottleneck can add a year or more of waiting
- Pay is lower than other health jobs with similar school
- You compete for attention with unregulated influencers

Good to know

Anyone can be a nutritionist

In Ontario there is no rule about who can use the word nutritionist. Dietitian is the title the law protects, and it is the one hospitals and insurers recognize.

Nearly half of hospital patients are malnourished

A Canadian study of patients admitted to hospitals across the country found that close to half were malnourished on arrival. Feeding people properly speeds up recovery and shortens stays.

Optional boosts

CDE (certified diabetes educator). Sports nutrition. Critical care, renal, oncology. Private practice and media.

Where these numbers come from

Job Bank: Dietitians and nutritionists, wages (updated Nov 2025)
Dietitians of Canada
College of Dietitians of Ontario

Numbers checked September 2026. Pay figures are typical full-time annual amounts in Canadian dollars, based on Government of Canada Job Bank wage data and published salary grids. They vary by province, employer and experience. Tuition is for domestic students. Sources, links and the click-through version: <https://career.help/ca/careers/dietitian>



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