

PRACTICE TIPS: Considerations for the ‘Non-Registered’ Status Individual Practicing in the Nutrition and Dietetics Field

Non-Registered (‘Non-R’) status means an individual who is not registered with the Commission on Dietetic Registration (CDR) as a Registered Dietitian Nutritionist (RDN) or Nutrition and Dietetics Technician, Registered (NDTR).

How should the Non-R status individual proceed in the nutrition and dietetics practice field?

STEP 1: Determine your eligibility to take either the CDR registration examination for either dietitians or dietetic technicians.

- Review CDR’s qualifications to sit for either exam at <https://www.cdrnet.org/rd-eligibility>, or <https://www.cdrnet.org/certifications/registration-eligibility-requirements-for-dietetic-technicians>.
- Review ACEND’s (Accreditation Council for Education in Nutrition and Dietetics) approved education programs at <https://www.eatrightpro.org/acend>.

STEP 2: Review the various categories below to chart your course in becoming registered and determine next steps to advance your career.

Category	Description	Legal Scope of Practice	Future Advancement
Nutrition Certificate	Individual has obtained a certificate in nutrition from accredited or non-accredited education program.	Review your State laws and regulations	Continue your education; Obtain associate’s or bachelor’s in nutrition.
Non-ACEND accredited degree	Individual has obtained a degree in dietetics, nutrition and/or foodservice management from a USDE accredited college or university program, but not accredited by ACEND.	Review your State laws and regulations	Complete didactic and supervised practice dietitian or dietetic technician exam eligibility requirements from an ACEND accredited institution.
Associate’s Degree in Dietetics, Nutrition, and/or Foodservice Management accredited by ACEND	Individual has obtained an associate degree from a USDE and ACEND-accredited college or university program.	Review your State laws and regulations	Obtain your ACEND verification statement from the program director. Request program director submit registration eligibility application to CDR in order to take the dietetic technician examination.
Bachelor’s Degree in Dietetics, Nutrition, and/or Foodservice Management accredited by ACEND	Individual has completed a minimum of a bachelor’s degree from a USDE accredited university or college or foreign equivalent, and required coursework through an ACEND accredited Didactic Program in Dietetics (DPD) or Coordinated Program in Dietetics (CP).	Review your State laws and regulations	Graduate of a bachelors/DPD program – 1. can apply to take the registration examination for dietetic technicians or 2. can continue to search and apply for an ACEND dietetic internship program in order to complete

Category	Description	Legal Scope of Practice	Future Advancement
			supervised practice dietitian examination requirements. Graduate of a CP program: request CP program director to submit CDR registration eligibility application in order to take the CDR registration examination for dietitians.
Dietetic Intern	Individual has completed 1000 hours of supervised practice through an ACEND accredited Dietetic Internship, Coordinated Program in Dietetics or an Individualized Supervised Practice Pathway (ISPP).	Review your State laws and regulations	Graduate of a DI program request DI program director to submit CDR registration eligibility application in order to take the CDR registration examination for dietitians. Keep studying for the CDR registration examination for dietitian’s exam. After passing the exam, apply to be a state licensed or certified practitioner in the state(s) where employed.

What can the Non-R status individual do in the nutrition and dietetics practice field?

A Non-R status individual deciding to practice in the nutrition and dietetics field is not permitted to autonomously perform certain functions. These may include nutrition screening, nutrition education, nutrition counseling, elements of the nutrition care process (NCP), and medical nutrition therapy (MNT) which is the evidence-based practice application of the NCP. Functions can be completed by the individual if under the supervision of an RDN who assigns tasks which the individual is deemed competent to perform. The RDN works within a team-based care approach and between multiple disciplines and professions. The Non-R status individual may become a team member based on their demonstrated and documented knowledge, skills and training.

Where can the Non-R status individual work?

Below are some career ideas and recommendations for the Non-R individual:

- Health care (Hospital, Skilled Nursing Facilities, Medical Practices)
- Pharmaceutical Sales and Research

- Wellness Programs
- Fitness Centers
- Food service, Catering and Restaurant Industry
- Food Banks
- Community Nutrition
- School Food Service
- Public Health
- Marketing and Communications

Proceed with caution --- Know your State’s regulations about appropriate titles based on your qualifications.
[Contact your State’s agency survey director.](#)

What roles do RDNs and NDTRs play?

The Academy has published 4 articles in the *Journal of the Academy of Nutrition and Dietetics* in the January and February 2018 editions to define the scope of practice for the RDN and for the NDTR as well as standards of practice in nutrition care and professional performance. To access these articles, practitioners should log in to the CDR website at <https://www.cdrnet.org/scope>, which leads to the *Journal of the Academy of Nutrition and Dietetics* website.

Resources

- ACEND Fact Sheet for the Registered Dietitian Nutritionist (RDN).
<https://www.eatrightpro.org/acend/students-and-advancing-education/information-for-students/registered-dietitian-nutritionist-fact-sheet>
- PRACTICE TIPS: When to Cosign – September 2022 <https://www.cdrnet.org/tips>
- Definition of Terms List*. <https://www.cdrnet.org/definitions>

Key Definitions*

Term	Definition/Description
Registered Dietitian Nutritionist (RDN)	The Registered Dietitian Nutritionist (RDN) is defined by the Commission on Dietetic Registration as an individual who has met current minimum academic requirements (Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent) with successful completion of both specified didactic education and supervised-practice experiences through programs accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy, who has successfully completed the Registration Examination for Dietitians and remitted the annual registration fee. To maintain the Registered Dietitian (RD) or RDN credential, the RD or RDN must comply with the Professional Development Portfolio (PDP) recertification requirements (accrue 75 units of approved continuing professional education every five years).
Nutrition and Dietetics Technician, Registered (NDTR)	The Nutrition and Dietetics Technician, Registered (NDTR) is defined by the Commission on Dietetic Registration as an individual who has met current minimum requirements through one of three routes: <ol style="list-style-type: none"> 1. Successful completion of a minimum of an Associate degree granted by a U.S. regionally accredited college or university, or foreign equivalent and completed a minimum of 450 supervised practice hours through a Dietetic Technician Program accredited by Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy. 2. Successful completion of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; met current academic requirements (Didactic Program in Dietetics) as accredited by ACEND of the Academy; successfully completed a minimum of 450 supervised practice hours under the auspices of a Dietetic Technician Program as accredited by ACEND.

Term	Definition/Description
	<p>3. Completed a minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; successfully completed a Didactic Program in Dietetics as accredited by ACEND of the Academy. Those with the four-year degree could also choose BS-DTR or BS-NDTR.1 In all three routes, the individual must successfully complete the Registration Examination for Dietetic Technicians and remit the annual registration maintenance fee. To maintain the DTR or NDTR credential, the DTR or NDTR must comply with the Professional Development Portfolio (PDP) recertification requirements (accrue 50 hours of approved continuing professional education every five years)</p>
Dietitian	<p>Some states have enacted licensure laws or other forms of legislation that regulate use of the title “Dietitian” and/or sets specific qualifications for using the title, often but not uniformly including either registration with CDR as an RDN or holding a license as a dietitian within the state.</p> <p>See: Registered Dietitian Nutritionist (RDN)</p> <p>Refer to state laws and licensure board for each state’s specific licensing acts for becoming a dietitian.</p>
Nutritionist	<p>Some states have enacted licensure laws or other forms of legislation that regulate use of the title “Nutritionist” and/or sets specific qualifications for using the title, often but not uniformly including an advanced degree in nutrition.</p> <p>Refer to state laws and licensure board for each state’s specific licensing acts for becoming a nutritionist.</p> <p>Related: Registered Dietitian Nutritionist (RDN)</p>

In this Practice Tips, the CDR has chosen to use the term RDN to refer to both registered dietitians (RD) and registered dietitian nutritionists (RDN) and to use the term NDTR to refer to both dietetic technician, registered (DTR) and nutrition and dietetics technician, registered (NDTR).