

Nutritionist Interview Questions And Answers Guide.



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Nutritionist Job Interview Preparation Guide.

Question # 1

Tell me what is the best vegetable to eat?

Answer:-

All fresh vegetables are best for your diet; it comprises of all essential nutrients like fiber, potassium, folic acid, vitamin A, vitamin C and most important range of anti-oxidant, which can reduce the risk of cancer.

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Question # 2

Explain how do you continue your education in nutrition, outside of the classroom?

Answer:-

I regularly visit the nutrition society homepage as well as the BDA. I follow a number of nutrition science on twitter and that keeps me abreast of new developments.

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Question # 3

What is a "healthy diet"?

Answer:-

A healthy eating pattern is one that provides enough of each essential nutrient from nutrient-dense foods, contains a variety of foods from all of the basic food groups, and focuses on balancing calories consumed with calories expended to help you achieve and sustain a healthy weight. This eating pattern limits intake of solid fats, sugar, salt (sodium) and alcohol. The Dietary Guidelines for Americans consumer pamphlet, Let's Eat For the Health of It (link is external), provides guidance for creating a healthy eating pattern to reduce the risk of chronic diseases such as diabetes, cancer, and osteoporosis.

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Question # 4

Tell me should teenagers take a vitamin supplement to meet their energy level up?

Answer:-

It is useless to give a vitamin supplement unless the teenager is on a low-calorie diet. It is always preferable to take vitamin organically from fruits, vegetables and healthy fats.

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Question # 5

Tell me Is meat bad for good health?

Answer:-

Meat is an excellent source of protein, iron and other essential nutrients. However it should be roasted or grilled instead of frying to derive maximum health benefits.

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Question # 6

Do you know what should a PKU diet be?

Answer:-

PKU is a genetic disorder called Phenylketonuria. It lacks the enzyme which converts phenylalanine amino acid into tyrosine amino acid, resulting in accumulation of phenylalanine. Excess phenylalanine causes brain damage, so children who have PKU should avoid protein rich food.

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Question # 7

Tell me what type of education is required to become a Registered Dietitian?

Answer:-



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In order to become a Registered Dietitian, you must have a Bachelor's degree and must complete the coursework that provides the foundation knowledge and skills required by the Academy of Nutrition and Dietetics. These courses must be completed at an accredited Didactic Program in Dietetics (DPD) such as the program at University of Maryland. Once the coursework is satisfactorily completed you will be issued a Verification Statement by your Program Director. You must then be accepted into and complete a Dietetic Internship program. Following completion of the internship, you must pass the Registration Examination for Dietitians in order to be credentialed as a Registered Dietitian.

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Question # 8

Tell us what proportion of meal is best for a teenager? 3 large meals over a day or a 6 small meals a day?

Answer:-

Teenager's metabolism is higher than an adult; it is advisable to give them a small meal at regular interval rather than large meals at longer duration. It will help them to keep their energy level high all day and prevent them overeating at meals.

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Question # 9

Do you know what is the good source of iron?

Answer:-

The absorption rate of iron from meat, poultry and fish are higher than iron from plants, in order to get maximum absorption of iron, along with iron rich food you have to take vitamin c like citrus fruits or yogurt.

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Question # 10

Tell me do peach pit contain cyanide?

Answer:-

Peach pit do contain cyanide in the form of cyanogen glycosides, one hundred gram of moist peach seed contain 88 mg of cyanide. So if you eat whole pit you would consume around 9 milligram of cyanide in the form of amygdalin that is less poisonous.

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Question # 11

Do you know what types of jobs do Registered Dietitians hold?

Answer:-

Registered Dietitians work in a variety of settings including hospitals and other health care organizations, outpatient clinics, communication and public relations firms, government agencies, and school systems. For more information about careers in dietetics view this video

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Question # 12

What is BMR?

Answer:-

BMR means Basal Metabolic Rate; it is an energy expressed in calories that the body requires to keep it functioning at rest.

[Read More Answers.](#)

Question # 13

What is the salary range in the field of dietetics?

Answer:-

Salaries vary considerably according to the type of position, years of practice, level of education, and area of the country. Every few years, the American Dietetic Association completes a benefits and compensation survey for the field of dietetics. The most recent survey results can be found in "Compensation & Benefits Survey of the Dietetics Profession 2007".

[Read More Answers.](#)

Question # 14

Do you know what is the formula to calculate BMR (Basal Metabolic Rate)?

Answer:-

The Harris benedict equation

* For Men: $[13.75 \times \text{weight}] + [5 \times \text{height}] - [6.76 \times \text{age}] + 66$

* For Women: $[9.56 \times \text{weight}] + [1.85 \times \text{height}] - [4.68 \times \text{age}] + 655$

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Question # 15

What are RDAs and DRIs?

Answer:-

From 1941 to 1989, the Institute of Medicine's Food and Nutrition Board (FNB) released the Recommended Dietary Allowances or RDAs. The RDAs are a single set of nutrient specific values. During deliberations in the mid-1990's, the FNB decided to replace this single set of values with multiple sets of values, including: Estimated Average Requirements (EAR), Recommended Dietary Allowances (RDA), Adequate Intakes (AI), and Tolerable Upper Intake Levels (UL) for designated age groups, physiologic states (for example, pregnancy), and by sex. These values are collectively referred to as the Dietary Reference Intakes, or DRIs.



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Question # 16

Explain what should be diet of a person who wants to lose weight?

Answer:-

To lose weight diet should be-

- * Low in carbohydrate: To lose weight quickly, you can have a small portion vegetables and one piece of fruit per day and consume around 20-50 grams of carbohydrate
- * Reducing calorie and fat intake
- * Don't skip meals and breakfast- it will tempt you to eat more and may lead into excess weight gain
- * Food high in fibre and less in calories
- * Drink a lot of water through the day and keep yourself hydrate

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Question # 17

Tell me how many servings from each food group do I need each day?

Answer:-

The number of servings you need each day from each food group depends on your calorie needs. To determine your calorie needs and find the number of servings that is right for you

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Question # 18

Tell me what should be a daily diet for a patient with Type 1 diabetes?

Answer:-

Diabetes type 1 diet should include

- * Variety of food containing unsaturated fats such as nuts, avocados and oily fish
- * Avoid processed food
- * High fibre food
- * Eat more fruits and vegetables
- * Include beans and lentils in your diet
- * Reduce or avoid intake of salt, sugar and alcohol

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Question # 19

What is a Registered Dietitian (RD)?

Answer:-

A Registered Dietitian (RD) is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential of RD. In addition to RD credentialing, many states have regulatory laws (link is external) for dietitians and nutrition practitioners. State requirements are met through the same education and training required to become an RD. For more information on the field of dietetics

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Question # 20

Explain and list out saturated and unsaturated food items?

Answer:-

- * Saturated fat: Cheese, butter, deep fried foods, processed oil, fatty meats
- * Unsaturated or good fat: Fish, olives, nuts and peanuts, vegetable oil

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Question # 21

Tell me who was the most difficult client/patient that you ever had to deal with? How did you handle it?

Answer:-

I was due to see a Polish man who spoke no English for advice on type 2 diabetes. I was not allowed to use his friend who spoke English as a translator because it was against the trust's policy. In the end I had to use something called a language line where a translator is put on speaker phone in front of the patient. It was extremely awkward but it ended up being one of my favorite consultations.

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Question # 22

Do you know what is the difference between dietician and nutritionist?

Answer:-

The role of both nutritionist and dietician are same, they both are healthcare professionals and give vital information on healthy eating habits and dietary supplements, dietician can be a nutritionist but not all nutritionist are dieticians. Dietician are registered and nationally recognized while nutritionist is more general.

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Question # 23

Tell me when did you realize you wanted to be a Dietitian?



Answer:-

When I was 17 in Biology class. We started the human nutrition section and became interested in vitamins and minerals and the diseases that can be caused by both deficiency and excess.

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Question # 24

Do you know what is good and bad fat?

Answer:-

Fat is classified in two categories, saturated and unsaturated. Un-saturated fat is healthy and reduces the risk of heart disease while saturated and trans fat are bad and increase the risk of the heart ailment.

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Question # 25

Explain how would you describe your counseling style?

Answer:-

I try to make it client-centred and uncover the reasons behind certain behaviours.

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Question # 26

Tell me is it ok to replace medication with food supplement like replacing cholesterol medication with niacin?

Answer:-

Niacin is B3 vitamin (egg, peanut, milk) which has a tendency to reduce blood cholesterol, but you are already on medication that is reducing cholesterol, you should not replace it with high intake of vitamin B3 or Niacin.

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Question # 27

As you know no one can be an expert in everything. What are some of the things that you would like to learn more about?

Answer:-

I wouldn't be confident putting someone on a regime. Although I've learned about it in class, the actual practical application is a different story.

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Question # 28

Tell me have you ever considered becoming certified in a specialty or continuing your education in some other way?

Answer:-

Yes most definitely. I would be keen to do a PhD if the right topic were to come along.

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Question # 29

Tell me what kinds of projects do you enjoy working on? What do you think that you would enjoy working on if given a chance?

Answer:-

I rather enjoy public health awareness. In Kilmarnock I was set a task of coming up with and designing a poster about diabetes. My colleague and I were unsure what would be best to put on this poster so we interviewed several patients at the clinic to find out about their current knowledge and it was surprising to learn how little was known.

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Question # 30

Tell me how do you deal with challenging days, such as when there is too much going on and you feel as though others are pulling you in a million different directions?

Answer:-

I try to do as much as I can but tell myself that there are only 24 hours in a day. I will try to prioritise the work that has to be done imminently and leave what can wait until I have more time.

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Question # 31

Explain what diet would you recommend to an 70 year old female, who has just recovered from breast cancer treatments?

Answer:-

I would recommend following a healthy eating plan such as basing meals around wholegrain carbohydrates, lean sources of protein, 2-3 servings of dairy products per day (low-fat where possible), lots of fruit and vegetables, and limiting high fat, high sugar foods. Alcohol should also be consumed in moderation and I would recommend regular exercise in order to maintain a healthy weight.

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Question # 32



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Personal Attributes Based Nutritionist Interview Questions:

Answer:-

- * What are your two highest priorities?
- * Who have you learned the most from your work experience?
- * What are your strongest attributes?
- * Name a time when you exemplified or witnessed dignity in the workplace.
- * How do you feel about people who are in welfare programs?
- * What areas of medical nutrition therapy are you most interested in?

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Question # 33

General Nutritionist Interview Questions:

Answer:-

- * Why do you want the job?
- * What can the company offer you?
- * What can you offer the company?
- * What are your weakest and strongest points? [Identify how can you sell your weak points to the employer. For example, if you are required to have managerial experience but cannot demonstrate this, you may be able to say that you have received management training and are looking forward to developing what you have learnt.]
- * Think of a decision that you made within the last year that you are very proud of. Describe it. We all make decisions that we wish we could take back. Describe how you handled that.
- * Tell me about a time when you worked with others who did not work well together. How did you deal with that?
- * Tell me about a time when you saw an opportunity to improve something when no one else thought it needed improvement. What did you do?
- * How do you prioritize multiple and conflicting demands? Give me a recent example.
- * When were you most satisfied/dissatisfied in your work?
- * Why should you be considered for this position?
- * What are your short term (1 year) and long term (5 year) career goals?
- * Be prepared for seemingly unexpected questions too. The interviewer may want to test your ability to think on your feet when they ask, "how do you want to be remembered when you die", or "describe your perfect day".

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Question # 34

Operational and Situational Nutritionist Interview Questions:

Answer:-

- * Which populations are you most interested in advising?
- * Do you prefer advising individuals, or groups?
- * Describe your experience with home care.
- * How often do you work with social workers?
- * How often do you work with physicians?
- * How would you advise a client to keep a food diary?
- * What kind of diet would you prescribe to a patient who was trying to lose weight?
- * What kind of diet would you prescribe for a patient who was trying to gain weight?
- * Describe your experience with pre-natal nutrition.
- * What dietary recommendations are important for geriatric populations?
- * What dietary recommendations are important for vegetarians?
- * What might differentiate the diet of a patient with Type 1 diabetes from the diet of a patient with Type 2 diabetes?
- * How would you put together a diet for a 30-something male recently diagnosed with AIDS?
- * As a nutritionist, who would you consider to be your customers?
- * Being an educator is part of your job. What makes you a good teacher?
- * Recall a time you resolved a problem with an unhappy customer. How did you handle it?

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Question # 35

Clinical Dietitian Nutritionist Interview Questions:

Answer:-

- * Describe your nutrition counseling recommendations for a 35 year old male recently diagnosed with AIDS who lives alone and is currently unemployed.
- * A physician prescribes a 500 mg sodium diet for a 65 year old female with congestive heart failure. How would you respond to the physician's order?
- * A 70 year old male with acute renal failure on mechanical ventilation recently had a g-tube placed. What form of medical nutrition therapy would you recommend?
- * Tell me about a time when you had to concede your individual objectives to what was best for the department, company or facility.
- * Tell me about a time when you motivated your employees or peers to adopt your ideas. What did you do and what were the results.
- * How do you go about building trust with others? Give specific examples?
- * An 85 year old female post CVA has estimated caloric needs of 1600 calories. In your assessment you have identified a trend for weight loss. What would your nutrition recommendations be?
- * How would you correct a menu for a vegetarian on a high protein high calorie diet who doesn't consume dairy products.

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Question # 36

Communication Skills Based Nutritionist Interview Questions:

Answer:-

- * How competent are you at writing, giving presentations and handling professional conversations?
- * How often do you work with physicians or social workers?
- * How would you deal with an angry client?



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- * What do you do with a dissatisfied customer?
- * Describe your strengths as an educator.

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Question # 37

Interpersonal Nutritionist Interview Questions:

Answer:-

- * Describe a time you mentored someone outside of addressing their nutrition.
- * Share an experience you had in dealing with a difficult client and how you handled the situation.
- * What is your go-to method for counseling individuals and groups on good nutrition and eating habits?
- * What type of criticism are you most receptive to?
- * Have you ever disagreed with a physician?
- * How do you act in a group?
- * Do you prefer to work with others or independently?
- * How comfortable are you coordinating dietary recommendations with a physician?
- * Describe how you turned a negative customer experience into a more positive one.
- * Describe your counseling style.

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Question # 38

Clinical Nutritionist Interview Questions:

Answer:-

- * Are there any particular populations you are most interested in advising?
- * What are two nutrition related medical problems associated with children under 5 in WIC?
- * How would you create a menu for a vegetarian on a high protein high calorie diet who doesn't consume dairy products?
- * Describe a daily diet for a patient with Type 1 Diabetes.
- * Describe a daily diet for a patient with Type 2 Diabetes.
- * How would you counsel the parents of a child recently diagnosed with diabetes?
- * Are you comfortable working with a geriatric population?
- * What kind of menu would you put together for a "Rainbow Foods Week" at an elementary school?
- * What nutrition advice would you give to a middle aged man with AIDS?
- * Describe the diet you would proscribe for a patient looking to lose weight.
- * Describe the diet you would proscribe for a patient who needed to gain weight.
- * Do you have experience with home care?
- * Do you have transportation for home visits?
- * Have you had any experience with the Department of Health or The Joint Commission surveys?
- * How do you stay up to date on the changing science of nutrition?
- * What kind of diet would you recommend for a client who needs to gain weight?
- * How to teach clients to keep a food diary?

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Question # 39

Tell me how type 2 diabetes can be avoided?

Answer:-

Type 2 diabetes can be avoided by

- * Eat snacks and meals throughout the day, and do not go longer without eating
- * Restrict yourself to the food rich in sodium, fat and sugar
- * Eat more fibre containing foods like vegetables, fruit and whole grains
- * Drink water instead of sweetened beverages

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Question # 40

Tell me who was the best supervisor you ever had? What made this person so good to work for and with?

Answer:-

Lara Craft, We got along very well and she was close to my age. She was easy to approach and didn't make me feel silly about asking stupid question.

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Question # 41

Tell me what relationship do you think that the Kitchen and the Clinical Nutrition Department staffs should have?

Answer:-

I think it should be a very open, symbiotic relationship. I feel that dietitians should be in the kitchens more frequently and have good relationships with the staff because they would be more willing to help you if you needed something extra for a patient.

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Question # 42

Tell me suppose if you don't drink milk because of lactose intolerance where you can get calcium?

Answer:-

If you are not consuming milk due to lactose intolerance, you can get calcium from fat-free cheese and yogurt, canned sardines, orange juice and cereals.



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Question # 43

Tell me what do you think are the most important skills or traits for a Dietitian and Nutritionist to have?

Answer:-

Caring, empathetic, conscientious, team player, be able to work independently.

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Question # 44

Tell me what is the most important point to remember in nutrition?

Answer:-

The most important thing in nutrition is moderation and diversity. One must consume all type of foods and in moderate amount, not in excess.

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Question # 45

Tell me what was the most recent dietitian study you have read?

Answer:-

I read a paper comparing the use of low- and high-carbohydrate diets for type 2 diabetes management. Both the LC and HC diets produced comparable weight loss and improvements in HbA1c and several CVD risk markers. LC diet had more favourable effects on triglycerides, HDL cholesterol, and glycaemic control as shown by lower diabetes medication requirements and greater attenuation of diurnal blood glucose fluctuation. LC diets with high unsaturated fat and low saturated fat contents may be advantageous for T2DM management long-term.

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Question # 46

Tell me how do you keep current on the changing science of nutrition?

Answer:-

On twitter and the internet.

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Question # 47

Tell me what is the intake of protein in diabetic?

Answer:-

About 15- 20% of your daily calorie should come from protein. However, a diabetic patient won't have any difference in their sugar level with high intake of protein, so they can consume food rich protein unless they have CKD (Chronic Kidney Disease) related to diabetes.

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Question # 48

Explain what relationship do you think that the Kitchen and the Clinical Nutrition Department staffs should have?

Answer:-

I think it should be a very open, symbiotic relationship. I feel that dietitians should be in the kitchens more frequently and have good relationships with the staff because they would be more willing to help you if you needed something extra for a patient.

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Question # 49

Explain why did you choose to pursue a career as a Dietitian and Nutritionist?

Answer:-

I was really interested in the relationship between diet and disease. Nutrition is often overlooked as a solution (or part of the solution) to a medical issue.

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Question # 50

Tell me what was your favorite teaching experience? What made it so enjoyable?

Answer:-

I did a conversation map group session on diabetes and covered the topics of packaging and labelling and found it quite enjoyable. I'm a natural introvert and find it difficult to speak with large groups of people but this group were very nice and were interested in what I had to say. The session was very interactive and thankfully I was able to answer any questions they had for me.

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Question # 51

Tell us what areas of medical nutrition therapy interest you the most? Why?

Answer:-

Diabetes. It's a growing problem and from my previous work experience, some sufferers still don't know the basic facts.



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Question # 52

Tell us how much water should an individual consumer per day?

Answer:-

* Men: 13 cups (3 liters) of water per day

* Women: 9 Cups (2.2 liters) of water per day

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Question # 53

Explain why would you be the best Dietitian for our hospital?

Answer:-

I am a very determined person. I strive to be the best I can possibly be in all aspects of my life and I would see my career as no exception. I am a very caring individual also and feel I have a nice manner with patients.

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Question # 54

Tell me which egg is more nutritious white or brown?

Answer:-

Both eggs has same nutritional value; they are rich in protein, vitamin and most important nutrient choline which is responsible for brain development and function. One egg may provide half of your daily requirement of choline.

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Question # 55

Explain do calcium supplements interfere with medications?

Answer:-

Calcium does interact with several medication in different ways like antibiotics, diuretics, laxatives, etc. It will have an effect on the absorption process of medication or vice versa. It is always advisable to take physician advice on its intake and at what duration you can have it.

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Question # 56

Explain why Anti-oxidants are important for your body?

Answer:-

Antioxidants are substance that may protect cells in your body from free radicals. Free radicals can damage your tissue cells; it is formed when your body or tissue cells are exposed to certain chemicals, pollution, radiation, etc.

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Question # 57

Explain what are dietary Antioxidants?

Answer:-

Dietary antioxidants comprise of Selenium, Vitamin A and related Carotenoids, Vitamin C and E.

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