

Program Brochure

Nutrition Ink Dietetic Internship Program (NIDIP): a 1,000-hour, distance-based dietetic internship with a program-specific concentration in medical nutrition therapy for nutrition support.

Rev. September 2026 • Supersedes November 2025 • Full accreditation, ACEND

SUPERVISED PRACTICE	PROGRAM LENGTH	INTERNS EACH YEAR	CONCENTRATION	TUITION	APPLY THROUGH
1,000 hours	25–43 weeks	35	MNT for nutrition support	\$8,900	DICAS

PROGRAM OVERVIEW

Welcome to the Nutrition Ink Dietetic Internship Program.

The Nutrition Ink Dietetic Internship Program is a 1,000-hour internship with a program-specific concentration in MNT for nutrition support. As a dietetic intern, you will be required to secure your own preceptors and practice sites, in addition to completing assigned projects. The program accepts 35 interns each year. Recognizing that individuals have different interests and priorities, the program offers an elective rotation in a specialty area of your choice and a research project, which may be done in any of your clinical rotations.

As an intern, you will be expected to learn from, interact with and counsel a diverse population across the entire human lifespan, for a variety of medical conditions and in a variety of settings. Interns may receive credit for previous work or volunteer-related experience based on approval by the internship director.

Our orientation date varies every year; orientation is done online and can be done on a one-on-one basis if needed. Prospective candidates should have basic computer skills including, but not limited to, internet, email, scanning documents, Microsoft Office and Adobe Acrobat. Rotations traditionally start in September, but interns may begin any time after orientation if they need the flexibility; all rotations end on the following June 30.

CONTACT INFORMATION

PROGRAM DIRECTOR

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INTERNSHIP COORDINATOR

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MISSION AND GOALS

Program mission

The Nutrition Ink Dietetic Internship Program provides a quality education to graduates in meeting and maintaining standards of excellence by working with people of various racial, ethnic and diverse backgrounds, and demonstrating the knowledge and practical skills to become competent and productive entry-level registered dietitian nutritionists.

Goal 1: Graduates will be competent entry-level registered dietitians.

1. At least 80% of graduates will score a 3 or 4 (on a 4-point scale) for agreeing they are a competent entry-level dietitian on the end-of-program survey.

2. At least 80% of graduates who respond to the one-year post-graduate survey will score a 3 or 4 (on a 4-point scale) for agreeing that “the program provided me with the tools to be a competent dietitian.”
3. Program completion: at least 80% of program interns complete program requirements within 15 months (150% of program length).
4. Graduate employment: of graduates who seek employment, at least 80% are employed in nutrition and dietetics or related fields within 12 months of graduation.
5. Graduate performance on the registration exam:
 - a. At least 80% of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.
 - b. The program’s one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
6. Employer satisfaction: at least 80% of employers who respond to a survey on program graduates in their first year of employment will rate their satisfaction with graduate preparation for entry-level practice as 2 or higher (averaged on a 3-point scale).

Goal 2: Graduates will practice with cultural sensitivity to the community’s diverse population.

1. At least 80% of graduates will score a 3 or 4 (on a 4-point scale) for agreeing they are able to practice with cultural sensitivity to the community’s diverse population on the end-of-program survey.
2. At least 80% of employers who respond to a survey on hired program graduates in their first year of employment will rate the graduate’s ability to work effectively with clients of different cultures, ethnicities or backgrounds as 2 or higher (on a 3-point scale).
3. At least 80% of program graduates confirm that they feel competent to work with clients of various ethnic and cultural backgrounds.

Outcomes data are available upon request.

ACCREDITATION

The Nutrition Ink Dietetic Internship Program has been granted **full accreditation** status by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Accreditation Council for Education in Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995
• 1-800-877-1600 ext. 5400 • eatrightpro.org/acend

COSTS AND FINANCIAL INFORMATION

PROGRAM FEES	AMOUNT
Application fee	None
Tuition (includes a non-refundable \$1,000 deposit)	\$8,900.00
Program extension, up to 15 months	\$500 per month for the first 3 months; \$1,000 per month for the last 2 months

Expenses interns should plan for

- Books and supplies
- Meals during the internship

- Transportation
- Health insurance (required)
- Equipment requirements (for example, webcam and laptop)
- Mobile phone and internet access
- Academy student membership
- Professional meeting registration fees
- Payment transaction fees (bank or PayPal)
- Lab coat, if needed

NIDIP provides the ID badge, general and professional liability insurance, RD exam study materials, the verification statement and the certificate of completion.

Financial information

No federal grants or aid are available at the Nutrition Ink Dietetic Internship Program. Scholarships may be available from corporations, community or civic groups, religious organizations, the Academy of Nutrition and Dietetics and the California Dietetic Association. Scholarship eligibility criteria are usually published in the September issue of the Academy's journal.

NON-DISCRIMINATORY POLICY STATEMENT

Nutrition Ink is a Title IX, equal opportunity employer and does not discriminate against individuals based on race, religion, national origin, sexual orientation, gender, marital status, age, disability or veteran status, including veterans of the Vietnam era.

HR REQUIREMENTS

- Upon acceptance to the program, you may be required to submit a drug test and background check. We will provide you with information on how to complete a 5-panel urine drug test and best-practice background check through HireRight at no extra cost to you.
- You will be required to provide transportation to affiliated sites during your rotations, and to submit proof of current auto insurance.
- You will be required to have all immunizations up to date and to provide a record of the immunizations to the program. The program requirements follow the CDC Recommended Immunization Schedule for Adults Aged 19 or Older. All immunizations must be completed, up to date and submitted to the program. We do not require proof of COVID vaccination, but note that some locations may require it.
- You will be required to maintain health insurance for the duration of your internship and to provide a copy of your insurance card to the program.
- You may handle food during your foodservice rotation. For this you are required to have a current ServSafe certificate or Food Handler's card and to provide a copy to the program.
- You will be required to have an Academy student membership and to provide a copy of your membership card with your member number to the program.
- Interns are required to abide by the Nutrition Ink Dietetic Internship Handbook and to submit the required forms in the appendix.
- Interns are required to have a personal Gmail address. We will not accept an email address affiliated with a previous school, college, university or workplace for communication with the program.

GRADUATION REQUIREMENTS

Once accepted to our distance-learning program, all learning experiences specified in the program curriculum must be completed at a level of sufficient competency. Interns receive frequent evaluations and feedback from Nutrition Ink staff and the program director, and should always have a current assessment of their performance in the internship. Interns who fulfill all program requirements receive a certificate of completion and are eligible to take the national examination for registered dietitians. Graduating interns must also:

- Complete rotations by the end of June. On a case-by-case basis, the program director will review written requests for an extension beyond June and written requests for leave of absence.
- Fully prepare for each rotation and satisfactorily complete the requirements listed on the evaluation documents for each rotation.
- Complete all rotation assignments by the established deadlines.
- Have earned an MS degree.

Steps to becoming an RDN

This program fulfills the supervised practice portion of becoming an RDN.

1. Meet all admission requirements.
2. Complete all graduation requirements.
3. Pass the registration exam.
4. Achieve state certification or licensure, if applicable.

ROTATIONS

Major rotations

ROTATION	DESCRIPTION
Orientation	Orientation dates vary each year. Orientation includes informational videos followed by an online Zoom meeting to review all forms and requirements of the program. This must be completed before rotations can begin. Orientation can also be done on a one-on-one basis for any intern looking to start rotations early.
Foodservice management	Rotations may occur in a variety of settings, which may include but are not limited to hospitals; long-term care facilities; schools, colleges and universities; child and adult care food programs; congregate and home-delivered feeding programs for older adults; correctional facilities; and military operations. During this rotation the intern completes learning activities for a theme meal or event; recipe development; human resource management; safety and sanitation inspection; comprehensive tray assessment; productivity ratios study; plate waste study; meal satisfaction survey; and a safety, disaster and emergency assignment.
Community nutrition	In this supervised practice rotation the intern learns about community nutrition services in a wide variety of public health programs. During this rotation the intern applies nutrition-related approaches to prevention and treatment, including demonstrating advocacy for nutrition services when planning nutrition education programs in the community. Learning activities take place in a variety of community nutrition settings, including hospitals; long-term care facilities; schools, colleges and universities; the Special Supplemental Nutrition Program for Women, Infants and Children (WIC); child care centers; Head Start programs; congregate and home-delivered feeding programs for older adults; Child and Adult Care

ROTATION	DESCRIPTION
	Food Programs; food banks and food pantries; health clubs; fitness centers; corporate wellness programs; grocery stores; sustainable food systems; and food cooperatives. In these settings the intern learns to work in collaboration with an interdisciplinary team to provide nutrition-related prevention and intervention approaches targeting diverse ethnic and cultural individuals or groups. During this rotation interns complete learning activities for advocacy; participate in a community organization; observe a group class; provide counseling to individuals and groups; participate in community outreach; complete a community needs assessment; and develop client education materials that are appropriate to age, culture and literacy level.
Clinical and MNT concentration	Clinical nutrition is the basis for this internship and provides the basis of the program-specific concentration in nutrition support. During this rotation interns master skills related to the performance of the Nutrition Care Process. Interns complete initial assessments for a variety of medical conditions and disease states across the lifespan (pediatrics, pregnant and lactating women, older adults) and for patients of diverse cultures and ethnicities. The focus for disease states includes overweight and obesity, endocrine disorders, cancer, malnutrition, cardiovascular, gastrointestinal and renal. Interns complete nutrition assessments for patients on nutrition support and are able to provide staff relief by the end of this rotation. During this rotation interns complete learning activities in quality management; a written case report; an oral case study; a variety of clinical skills; nutrition focused physical exams; a menu analysis; and a billing and coding MNT assignment.
Elective	The program requirement for the elective is 80 hours and a minimum of 3 competencies in the practice area of your choice. The practice area selected for the elective must be consistent with the practice areas listed on the current version of the Academy membership application.
Research and literature review	All interns should have the core experiences that prepare them to properly interpret research literature and apply it to practice, document the value of their services, and contribute to the body of scientific knowledge on nutrition, health and wellness. The ultimate purpose of dietetics research is to improve patient care and outcomes by collecting, evaluating and analyzing data from different nutrition interventions, and to provide a foundation for evidence-based dietetics practice. Interns have two options to complete the research and literature review requirement: (1) write up your research study, or (2) write a narrative review (literature review) based on the scientific literature.

Rotation chart

ROTATION	HOURS	LENGTH
Orientation (dates vary)	Instructional videos and an online meeting	—
Foodservice management	160	4 weeks
Community nutrition	160	4 weeks
Clinical	560	14 weeks

ROTATION	HOURS	LENGTH
Elective	80	2 weeks
Research and literature review	40	1 week
Rotations, full time	1,000	25 weeks
Time flexibility		up to 18 weeks
Total program length	1,000 hours	25-43 weeks

Full-time rotations take 25 weeks. The 18 weeks of time flexibility let interns complete a master's program at the same time, take the vacation weeks, or start rotations early; the whole program is completed in 25 to 43 weeks.

Rotation schedule

We highly recommend having your rotation schedule prior to starting rotations for supervised practice, along with all the affiliation agreements, the preceptor facility form and the required attachments. A suggested rotation schedule is available from the program.

Prior learning experience credit

The Nutrition Ink Dietetic Internship Program has established specific guidelines for interns regarding credit for prior learning, including program-specific limitations and the documentation needed. Applicants must be enrolled and have paid the required deposit prior to requesting credit for prior learning experience. Identification of the supervised practice hours to be waived is determined by the program director. Interns may obtain up to a maximum of 25%, or 250 hours, of their required 1,000 hours in prior learning. Details of this process and the application are included in the welcome packet.

CHOOSING SPONSORING FACILITIES

- Securing sponsoring facilities and preceptors is the applicant's responsibility. The program director and internship coordinator are available to give guidance and to work with facilities as needed to obtain approval for the intern's chosen sites once the deposit has been received.
- Interns take responsibility for designing their own rotation schedules, with the approval of the prospective facilities and the program director.
- If an intern fails to secure facilities and preceptors to fill the 1,000 hours in their area and declines to relocate to an area where NIDIP preceptors are available, the intern will be dropped from the program with zero refund.
- All preceptors must be able to document that they have worked in the field for a minimum of two years.

Work hours

As an intern, you will be expected to complete all assignments, required reading and routine appointments with the program director. Being a Nutrition Ink dietetic intern requires great responsibility, organization and time management. For this reason, it will be difficult to hold an outside job during the program. Working is permitted if it does not hinder your performance in the dietetic internship program.

Time flexibility

Completing 1,000 hours in this program can take as little as 25 weeks, and you have up to 43 weeks to complete it, so the program runs 25 to 43 weeks depending on your schedule. This 18-week difference gives you the flexibility, if needed, to complete a master's program at the same time as you are completing your supervised practice hours. If the intern takes

advantage of the prior learning program, the time flexibility increases up to 24 weeks, or 6 months. In addition, the intern can apply to start their supervised practice hours in the summer if all required paperwork has been completed and submitted.

Time away from the program

You are not expected to be present on the holidays below, but if you choose to and preceptors are available, you may be present to earn rotation hours. Interns must follow the absence policy of the practice site. Interns may take two personal days for unexpected events, such as a family illness or emergency, or for planned job interviews. Any time off beyond these two days must be made up. Interns are scheduled off on the following holidays:

1. New Year's Day
2. Memorial Day
3. Fourth of July
4. Labor Day
5. Thanksgiving (2 days)
6. Winter vacation: two weeks are set aside during the winter holiday season

ADMISSION REQUIREMENTS

To be considered for acceptance to the Nutrition Ink Dietetic Internship Program, candidates must present a verification statement from an approved Didactic Program in Dietetics (DPD) showing coursework completed within 5 years or less, and must have earned a master's degree or have been accepted into an accredited master's degree program. Candidates are recommended to have a cumulative GPA of 3.0 (on a 4-point scale), a minimum science GPA of 3.0 and a minimum DPD GPA of 3.0. The policy of the Nutrition Ink Dietetic Internship Program is to provide equal opportunity to all applicants for admission to the program.

All interns must complete the following core requirements before they will be considered and formally admitted into the program.

DICAS

Applications to the Nutrition Ink Dietetic Internship Program are submitted through DICAS, the centralized application service for dietetic internships, at dicas.cas.myliaison.com. Documents to submit:

- Official transcripts, sent to DICAS.
- Complete verification statement from Didactic Program in Dietetics (DPD) coursework.
- Three letters of recommendation, submitted to DICAS. At least one of the letters must be from a university professor. Include contact information, such as email addresses, for all references provided.
- Personal statement, submitted to DICAS.

General timeline

- DICAS opens its site to applicants.
- DICAS closes to applicants.
- Interview conducted through Zoom with the program director and coordinator.
- Qualified candidates receive notification of acceptance to the program.
- Accepted candidates confirm their acceptance.

Selection criteria

The program director and advisory committee participate in the selection process and consider exceptions to the admission requirements on a case-by-case basis.

- Minimum cumulative GPA of 3.0 (on a 4-point scale), a minimum science GPA of 3.0 and a minimum DPD GPA of 3.0.
- We will also be reviewing your DICAS application for the following:
 - Knowledge: overall professional coursework; GPA ranking; recipient of college achievement scholarships, awards and honors.
 - Work experience: paid or voluntary work experience in four major areas (medical nutrition therapy, food service, community or research); positions of high quality and with responsibility.
 - Management of multiple responsibilities: coursework taken in conjunction with other responsibilities of work, volunteering or family; involvement in extracurricular activities.
 - Written communication skills: personal statement.
- The interview focuses on professional attributes such as oral communication, record of success, rational thought process, maturity, planning and organization, reaction to pressure, enthusiasm and leadership traits.

International students

International students wishing to apply must follow the procedures set forth by ACEND for international students. Please refer to the ACEND website and its International Fact Sheet for additional information. Please note that NIDIP cannot help with visa sponsorship.

POLICY FOR ISSUING THE SUPERVISED-PRACTICE VERIFICATION STATEMENT

To receive the verification statement, an intern must:

- Satisfactorily complete a minimum of 1,000 rotation hours.
- Demonstrate entry-level competency during rotations by receiving an evaluation rating of 2 or more (or 75% or more on some assignments) from all preceptors.
- Satisfactorily complete the exit exam with a score of 70% or more.
- Maintain professional and ethical standards as outlined in the Academy of Nutrition and Dietetics' Code of Ethics, Scope of Practice and Standards for Professional Performance.
- Understand and sign the RDE/RDNE misuse form.
- Provide an original DPD verification statement and original official transcripts to the program.

Interns who fulfill all program requirements receive a certificate of completion and five (5) original copies of the DI verification statement, and are eligible to take the national examination for registered dietitians.

NIDIP PROGRAM APPLICATION CHECKLIST

- ☐ Submit your DICAS application by the DICAS deadline and include Nutrition Ink as one of your choices.
- ☐ (Optional) Email a tentative rotation schedule, including facilities and preceptors, to elissa@nidip.org.