

DIETITIANS AT A GLANCE

Statutes: Occupations Code, Chapters 701, 51, 111, and 116

Rules: 16 Texas Administrative Code Chapters 60, 100 and 116

Practice Act? No

Number of Licensees: 10,332 (FY 25)

Title Act? Yes

TDLR Inspections? No

Webpage: www.tdlr.texas.gov/diet



Overview

TDLR regulates licensed dietitians in Texas.

- A license is required from TDLR to use the title "Licensed Dietitian" or use the letters "L.D."
- A person must be registered with the Commission on Dietetic Registration to use the title "Registered Dietitian" or use the letters "R.D."
- A license is not required to use the titles "Dietitian" or "Nutritionist."

Services may be provided through telehealth as authorized by statutes and rules.

Dietetics studies diet and nutrition and their effects on the human body. Using scientific principles, dietitians use the principles of food, nutrition, biochemistry, physiology, and behavioral sciences to help people take care of themselves and maintain good health.

Areas of Expertise

The profession of dietetics includes six primary areas of expertise: clinical, educational, management, consultation, community, and research.

Dietetics includes the development, management, and provision of nutrition services through:

- planning, developing, controlling, and evaluating food service systems;
- coordinating and integrating clinical and administrative aspects of dietetics to provide quality nutrition care;
- establishing and maintaining standards of food production, service, sanitation, safety, and security;
- planning, conducting, and evaluating educational programs relating to nutrition care;
- developing menu patterns and evaluating them for nutritional adequacy;

- planning layout designs and determining equipment requirements for food service facilities;
- developing specifications for the procurement of food and food service equipment and supplies;
- developing and implementing plans of nutrition care for individuals based on assessment of nutrition needs;
- counseling individuals, families, and groups in nutrition principles, dietary plans, and food selection and economics;
- communicating appropriate diet history and nutrition intervention data through medical record systems;
- participating with physicians and allied health personnel as the provider of nutrition care;
- planning, conducting or participating in, and interpreting, evaluating, and utilizing pertinent current research related to nutrition care;
- providing consultation and nutrition care to community groups and identifying and evaluating needs to establish priorities for community nutrition programs;
- publishing and evaluating technical and lay food and nutrition publications for all age, socioeconomic, and ethnic groups; and
- planning, conducting, and evaluating dietary studies and participating in nutrition and epidemiologic studies with a nutrition component.

Licensing

To apply for a new license, a completed application form must be submitted along with the fee and the following application materials:

- The registration number issued by the Commission on Dietetic Registration, which serves as proof of meeting the education and experience requirements and passing the licensing exam.
- Proof of successfully completing the Texas Jurisprudence Examination.

A dietitian license is valid for two years after the date of issuance and is renewed biennially.

Examination

To qualify for the licensing examination, an applicant must:

- have a baccalaureate or post-baccalaureate degree with a major course of study in human nutrition, food and nutrition, nutrition education, dietetics, or food systems management; or
- an equivalent major course of study approved by the

department; and

- have completed an internship or preplanned, documented, professional experience program in dietetics practice of at least 900 hours under the supervision of a licensed dietitian or a registered dietitian approved by the department.

Requirements for License Renewal

To renew a dietitian license, a licensee must complete the following:

- 12 clock-hours of continuing education during the previous two-year period.
- complete an HHSC-approved training course on identifying and assisting victims of human trafficking.

Continuing Education Audits

The department will randomly select a sample of license renewals for audit each month. If selected for Continuing Education (CE) audit, the licensee will be notified by email 90 days prior to license expiration. Licensees are required to submit proof of required CE by the due date provided in the audit notice. Licensees are required to keep copies of certificate, transcripts, or other documentation verifying attendance, participation, and completion of CE requirements for two years after the date of completion.

License	Fees
Licensed Dietitian Initial Application (2-year license)	\$108
Licensed Dietitian Renewal Application (2-year license)	\$90
Licensed Dietitian Duplicate License	\$25

The **Dietitians Advisory Board** has nine members serving staggered six-year terms, which includes:

- six licensed dietitian members, each of whom has been licensed under this chapter for not less than three years before the member's date of appointment. Dietitian members should represent a balance of representation from these areas of expertise: clinical; educational; management; consultation; and community;
- three members who represent the public.