

Dietitian interview checklist

Hospitals usually hold an HR screen and a clinical interview with the chief dietitian or a physician, often with a case where you plan a diet; wellness and corporate roles may add a mock counselling session.

10 QUESTIONS TO PRACTISE OUT LOUD

1. How do you carry out a nutrition assessment for a new patient?

What it checks: Whether you follow a complete structure covering anthropometry, biochemistry, clinical findings and diet history before planning.

2. Tell me about a patient whose nutrition outcome you were proud of.

What it checks: Whether you can describe a concrete case clearly, including what you assessed, what you changed and the measurable result for the patient.

3. Why do you want to work as a clinical dietitian in our hospital?

What it checks: Whether you have researched the hospital and have a real interest in clinical nutrition rather than only wellness work.

4. How do you plan a diet for someone newly diagnosed with type 2 diabetes?

What it checks: Whether you give practical, individualised advice based on the patient's foods and routine, not a generic printed chart.

5. Tell me about a time you disagreed with a doctor about a patient's nutrition plan.

What it checks: Whether you advocate for nutrition with evidence while respecting the medical team's overall responsibility for the patient's treatment decisions.

6. Are you comfortable with the documentation and targets in this role?

What it checks: Whether you understand that the job includes records, audits and patient numbers, not just counselling.

7. How do you manage a patient on tube feeding?

What it checks: Whether you understand enteral feeding assessment, tolerance monitoring and safety, and follow the hospital protocol with the team.

8. Tell me about a time you counselled a family rather than just the patient.

What it checks: Whether you understand that in many homes the cook or caregiver decides what is eaten, and you include them.

9. What salary do you expect for this dietitian position?

What it checks: Whether your expectation is realistic for your qualification, experience, city and the type of employer, and whether you can discuss pay calmly.

10. What is refeeding syndrome, and how do you reduce the risk?

What it checks: Whether you can identify at-risk patients and follow a cautious, monitored approach to restarting nutrition with the medical team.

TIPS FOR THIS INTERVIEW

- Practise planning a one-day diet for common cases like diabetes, kidney disease and post-surgery recovery, using Indian meals and portion sizes you can explain quickly.

- Revise malnutrition screening tools, refeeding risk and enteral feeding basics, since hospital panels often test clinical nutrition with a case.
- Prepare a short counselling demonstration in which you listen first, ask about routine and budget, and agree one or two small changes with the client.
- Carry your degree certificates, internship letter and any registered dietitian credential or course certificates in one folder, with copies.

THE DAY BEFORE

- ☐ Confirm the time, venue or video link and the interviewer's name
- ☐ Plan your route and leave time for traffic, or test your camera, microphone and internet
- ☐ Keep copies of your resume, ID proof, certificates and photographs in a folder
- ☐ Iron your clothes and charge your phone and laptop
- ☐ Do one final run-through of your introduction, then stop and rest

ON THE DAY

- ☐ Arrive 15 minutes early, or log in 5–10 minutes early for a video call
- ☐ Greet everyone politely, including the receptionist or coordinator
- ☐ Listen to the full question, pause, then answer in a clear structure
- ☐ Take brief notes of names and key points
- ☐ Ask your prepared questions and confirm the next steps before you leave