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# Nutritionist



Nutritionists use their scientific knowledge of food to give information and advice about the effects of diet and nutrition on health and wellbeing.



## What you'll do

You'll work closely with dietitians and other health professionals, like pharmacists, GPs, and hospital or community diet and nutrition teams.

Your day-to-day duties might include:

- practical nutrition research projects
- recruiting volunteers to take part in trials
- processing and analysing biological samples
- raising awareness and educating colleagues in the health field
- aiming healthy eating campaigns at particular groups
- helping individual people to make positive food choices
- giving information and advice to sports professionals on how diet can improve their performance and recovery
- planning menus for individuals and groups of people (e.g. for school meals, sports teams, and residential homes)

Nutritionists don't give dietary advice to individual patients or work directly with patients without supervision. This is done by a state registered dietitian.

Record relevant activities you've already done on the [Activities tool](#) >

## Working hours and environment

As an employee, you'll usually work Monday to Friday, 9am to 5pm. If you work on a freelance basis, you may need to be more flexible and work evenings and weekends. Either way, you'll need to manage your own time carefully and be punctual to attend appointments on time.

You could work in hospitals, local health clinics, or doctors' surgeries. You may sometimes need to travel within the local area to children's centres, schools, nurseries, and community centres. You'll spend most of your time with other people (both clients and other health professionals) and you'll be expected to maintain a professional manner.

## Career path and progression

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You could specialise in sports nutrition by taking a further relevant postgraduate degree and joining the voluntary [Sport and Exercise Nutrition Register \(SENR\)](#).

With experience, you could progress into management and policy development.

## Skills required

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You'll need:

- a strong interest in the impact food can have on a person's health
- a caring and compassionate approach to your clients' feelings and needs
- excellent communication skills, to help you communicate knowledge and ideas to others
- confidence, to help you inspire confidence in others
- organisational skills, to help you manage and prioritise different tasks
- planning skills, to help you create effective nutritional care plans

Got evidence of these skills? Record your examples on the [Skills tool](#) >

## Entry requirements

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You'll usually need a degree in nutrition or public health nutrition.

Depending on where you live, your degree may need to be approved by the relevant professional body in your country (like the Association for Nutrition in the UK, or the Health Professions Council of South Africa).

## Related know-how guides

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Explore know-how guides related to this career:

- [How to have a better relationship with food](#) >

## Related university subjects

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These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Allied health](#) >
- [Food and beverage studies](#) >
- [Nutrition](#) >

## Related careers

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You may also be interested in:

- [Food scientist](#) >
- [Dietitian](#) >
- [Health awareness specialist](#) >

## Explore

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Want to see what relevant education and training opportunities are available right now? Search here:

**Allied health at uni:**



**Food and beverage studies at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Nutrition at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Apprenticeships:**[UK >](#)

## Labour Market Information (LMI)

Median averages relating to the Nutritionist profession.

UK  USA

### Jobs

Allied health professionals

# 208,661

 2,141 in your local area of Liverpool

#### Top 5 local areas

1	Birmingham	5,358
2	Kent	4,922
3	Hertfordshire	4,517
4	Essex	4,401
5	Lancashire	4,386

### Salaries

Other specialist health professionals

# £42,079

 £39,089 in your region of North West

#### Top 5 regions

1	London	£50,864
2	East of England	£45,729
3	East Midlands	£44,346
4	West Midlands	£42,578
5	South West	£39,351

### 🕒 Hours/week

Other specialist health professionals

# 37.5

📍 37.5 in your region of North West

### 📈 Growth

2020-2035

Health professionals

# +7.2%

↑ 118,954 jobs

📍 +9.3% in your region of North West, an increase of 15,821 jobs

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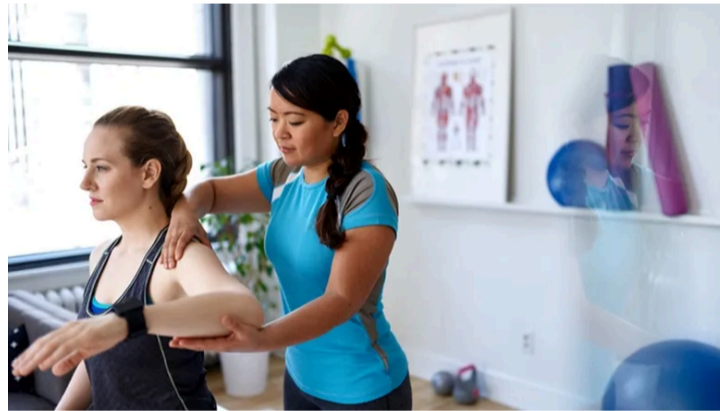
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### Dietitian

Dietitians educate people about healthy lifestyles, diagnosing and treating people in medical settings or working in the community.

[Read the profile >](#)



### Physiotherapist

Physiotherapists work with patients to improve their range of movement and promote health and wellbeing.

[Read the profile >](#)



### Psychologist

Psychologists support people to overcome challenges, and/or research human processes of the mind

[Read the profile >](#)