

# Nutritionist

Nutritionists study and provide advice about dietary habits to encourage the achievement of a healthy lifestyle.

## Nutritionists may perform the following tasks:

- consult with individuals, and groups, including sportspeople, about their dietary habits and assess potential nutritional deficiencies
- prescribe diet plans based upon the assessment of nutritional needs
- liaise with other health professionals about nutrition, including controlled diets for people with special needs
- monitor clients' progress and quality of food to provide ongoing nutritional care
- collect, organise and analyse data relating to the health and nutrition behaviours of specific groups and the population as a whole
- plan, conduct and evaluate nutrition intervention programmes and compile educational material.

Nutritionists may have a high level of contact with the public.

## Personal Requirements:

- enjoy food and food preparation
- interested in health and wellbeing
- good communication skills
- able to work as part of a team
- aptitude for science and research.



## Related Jobs:

- Dietary Aide
- Dietitian
- Environmental Health Officer
- Exercise Scientist
- Health Promotion Practitioner
- Home Economist

## Education and Training, Employment Opportunities and Additional Information

### Education and Training:

To become a nutritionist you usually have to study nutrition, science or applied science at university with a major in nutrition. To get into these courses you usually need to gain your VCE. Prerequisite subjects, or assumed knowledge, in one or more of English, chemistry and mathematics are normally required. Most universities in Australia offer relevant degrees. Universities have different prerequisites and some have flexible entry requirements or offer external study. Contact the universities you are interested in for more information as requirements may change.

### **Additional Information:**

Student membership is available with Nutrition Australia or the Nutrition Society of Australia. Contact the relevant association for details on the types of membership available.

### **Related Courses:**

While the following courses are related to this occupation, they may not necessarily lead directly to employment, nor provide the most direct pathway to the occupation. Courses which provide preliminary or informal training, as well as those which provide additional job skills following initial qualifications may also be listed.

\*Course is offered by more than one institution. Click link for details.

- Certificate III in Nutrition and Dietetic Assistance \*
- Diploma of Health Sciences \*
- Advanced Diploma of Nutritional Medicine \*
- Bachelor of Applied Science / Master of Dietetic Practice
- Bachelor of Exercise and Sport Science \*
- Bachelor of Exercise and Sport Science / Bachelor of Business - Sport Management
- Bachelor of Food and Nutrition / Bachelor of Commerce
- Bachelor of Food and Nutrition Sciences
- Bachelor of Health Science \*
- Bachelor of Health Science - Nutritional Medicine \*
- Bachelor of Health Sciences / Bachelor of Arts
- Bachelor of Human Nutrition
- Bachelor of Information Systems / Bachelor of Health Sciences
- Bachelor of Nutrition Science
- Bachelor of Science (Alternate Entry)
- Bachelor of Science (Double Degree)
- Bachelor of Science - Food Technology and Nutrition
- Bachelor of Science - Nutrition, Food and Health Sciences
- Bachelor of Science - Nutritional Therapy
- Bachelor of Nutrition and Dietetics (Honours)
- Bachelor of Science - Food Technology and Nutrition / Bachelor of Engineering  
Chemical Engineering (Honours)
- Graduate Certificate in Diabetes Education and Health Care
- Master of Dietetic Practice
- Master of Science - Dietetics
- Vocational Graduate Cert in Advising on Chronic Disease Self Management

### **Employment Opportunities:**

Nutritionists work in a diverse range of food and health areas including public nutrition and health education, private practice and consultancy, food industries, health promotion and marketing, teaching and research. There may be opportunities for some nutritionists to specialise in working with animals and the provision of dietary and nutrition advice. Some nutritionists work on a part-time basis.

Opportunities for nutritionists depend upon the recognition of nutrition by the community as a health strategy in preventing and treating diet-related disorders and medical conditions,

such as heart disease, cancer and diabetes. The level of public and professional awareness and acceptance of nutrition services have an effect on the demand for nutritionists.

**For Further Information:**

Nutrition Australia (VIC/SA/TAS)  
(03) 8341 5800  
vic@nutritionaustralia.org  
[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Nutrition Society of Australia  
(08) 8363 1307  
nsa@fcconventions.com.au  
[www.nsa.asn.au](http://www.nsa.asn.au)

The Australian Institute of Food Science and Technology Inc. (National Office)  
1800 816 148  
aifst@aifst.asn.au  
[www.aifst.asn.au](http://www.aifst.asn.au)