NUTRITIONISTS

What do they do?
Nutritionists provide information and advice about food, diet and health, usually relating to people who are well. Registered nutritionists are experts in nutritional science and apply this in a variety of settings, including working with individuals, groups and communities.

Where do they work?
Nutritionists mostly work in non-clinical settings such as food industry, research, teaching, sports and exercise nutrition, government and non-government organisations (NGOs). Some work within NHS public health departments or freelance as consultants (e.g. within the media).

Is their title protected by law?
No. Anyone can call themselves a nutritionist but only registrants with the UK Voluntary Register of Nutritionists (UKVRN) can call themselves a Registered Nutritionist or Associate Nutritionist.

What qualifications do they have?
Many courses are available in nutrition but only courses meeting strict standards of professional education in nutrition are accredited by the Association for Nutrition (AfN).

Can I become a nutritionist at RGU?
Yes! The BSc (Hons) Nutrition course is accredited by the Association for Nutrition. Graduates can enter the UKVRN as an Associate Nutritionist (ANutr). During a 12-week nutrition placement in year 4 you will work alongside a nutritionist in public health, food industry, sport, research or a government agency.

REGISTERED DIETITIANS

What do they do?
Registered dietitians work with both healthy and sick people and are qualified to assess, diagnose and treat dietary problems at both an individual and population level. They often work with patients who receive their food by tube, and play a key role in medical teams to treat conditions such as diabetes, kidney failure, inflammatory bowel disease, food allergies and intolerances, eating disorders and malnutrition.

Where do they work?
Dietitians mainly work in the NHS or private medical clinics, but may also work in other organisations.

Is their title protected by law?
Yes. Only those registered with the Health and Care Professions Council (HCPC) can use the title of Dietitian or Registered Dietitian.

What qualifications do they have?
A BSc (Hons) in Dietetics, or a related science degree with a postgraduate diploma or higher degree in Dietetics.

Can I become a dietitian at RGU?
Yes! The BSc (Hons) Nutrition and Dietetics course is approved by HCPC and accredited by the British Dietetic Association. Placements in years 2, 3 and 4 enable you to work alongside dietitians in hospitals and community departments. You will undertake one 4-week placement, and two 12-week placements.