

# Dietitian

Dietitians diagnose and treat people with nutrition problems, and help people make healthy lifestyle and diet decisions.



## Skills You'll need:

- customer service skills
- sensitivity and understanding
- to be thorough and pay attention to detail
- the ability to work well with others
- patience and the ability to remain calm in stressful situations
- excellent verbal communication skills

## Your day-to-day duties may include:

In a hospital, your job would involve:

- specialising in an area like children's health, renal dietetics or cancer care
- running clinics for people with diabetes or eating disorders, like anorexia or bulimia
- working with catering services to create menus for patients with a range of dietary needs

In the community, you could be:

- raising awareness of the importance of healthy eating
- running health promotion workshops
- advising people who lack confidence, have depression, or are on a low income

Watch this video from a student studying **Nutrition**

<https://cdn.unifrog.org/video/ic0jtxkouc/480.mp4>

Or

This student studying **Food and Beverage Studies**

<https://cdn.unifrog.org/video/531c8d5ufg/360.mp4>

## Working hours, patterns and environment

You'll work 35 to 40 hours a week.

You'll usually work in a consulting room attached to a clinic, health centre or hospital.

**These university subjects are related to this career:**

Biology and Biological sciences

Food and beverage studies

Nutrition

Qualifications and grades

## **Level 2 (eg GCSEs)**

5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English, maths and science.

## **Level 3 (eg A-Levels, BTECs)**

2 or 3 A levels, or equivalent, including biology or chemistry. Maths may also be required and depending on the course, a cookery-related qualification.

You may be able to do a **dietitian degree apprenticeship.**

**East Midlands growth:**+14.6% from 2014 to 2024

**Overall UK median earnings:** £34,874