



Careers in STEM: Science

Nutritionists

Nutritionists use their expert scientific knowledge of food to offer advice regarding the effect of diet on health and wellbeing. Nutritionists work within the healthcare sector and typically work within the NHS or private healthcare, in consultancy, in the community or in the food industry.

Nutritionists may spend their time undertaking research projects, analysing biological samples and undertaking surveys. They will use this information to create and deliver a range of information regarding dietary and nutritional advice for a range of audiences, including individuals, communities and departments depending on their employer.

Useful skills for nutritionists are:

- an interest in science, diet and health
- good communication and people skills
- the ability to analyse and interpret information and data

Nutritionists will have a good background in GCSE English, Maths and Science, A Levels including Chemistry and Biology and an undergraduate degree course in biomedical science accredited by the Institute of Biomedical Science (IBMS). It is also important to gain relevant work experience alongside study, which is often an option in many degree level courses.

Visit the following websites for more information about futures in biomedical science:

<https://www.prospects.ac.uk/job-profiles/nutritionist>

<https://www.nutrition.org.uk/nutritionscience/careers.html>

<https://nationalcareers.service.gov.uk/job-profiles/nutritionist>