

Dietitian

What Does a Dietitian Do?

Dietitians apply the art of science of human nutrition to help people select food to attain, maintain and promote health to avoid nutrition related diseases and maintain good health

What do I study to become a Dietitian?

- Bachelor of Applied Science (Exercise Sport Science)/ Master of Nutrition and Dietetics – University of Sydney
- Bachelor of Nutrition and Dietetics – University of Newcastle
- Bachelor of Health Science (Nutrition and Dietetics) – Charles Sturt University
- Bachelor of Nutrition & Dietetics – University of Wollongong
- Bachelor of Nutrition and Dietetics – Flinders University of South Australia
- Bachelor of Nutrition and Dietetics – Monash University, Victoria
- Bachelor of Health Science (Nutrition and Dietetics) – Queensland University of Technology

A day in the life of a Rural Dietitian

- Work with individual clients to attain optimal nutritional status for health or in disease states
- Conduct group education sessions eg. heart disease
- Talk to schools groups
- Direct health promotion activities eg. supermarket tours
- Discuss food service issues with catering and management personnel
- Receive and act on public inquiries
- Write articles for the media

Career Opportunities

- Nutrition assessment and management in hospitals, private practice or the fitness industry
- Food service administration
- Research & Training
- Consultancy/ Private practice
- Nutrition education
- Community and Public Health.

What sort of person should I be?

- Have an interest in food, nutrition and health
- Enjoy communicating with people
- Have an aptitude for science and mathematics
- Enjoy working with people of all ages and varied cultural, socio-economic backgrounds
- Possess good listening, teaching and writing skills
- Be flexible
- Be able to set priorities and work on several projects at a time
- Good time management skills