Limitations of Practice

Level 1 – 4 Fitness and Leisure

Individuals must not give:

- individualised, bespoke or prescriptive dietary advice;
- advice in relation to medical conditions;
- dietary advice for the primary aim of influencing sport/fitness performance (i.e. for elite/professional individuals or groups).

- The framework competencies are only to be used by those working with the general population.
- Specialist Instructors working with vulnerable population groups are reminded that they must not prescribe individualised or bespoke advice in relation to nutrition.
- Individuals requiring individualised, bespoke or performance diets should seek advice/support from a suitably qualified nutrition professional.

Levels 1 – 4 Catering

Individuals must not give:

- individualised, bespoke or prescriptive dietary advice;
- advice in relation to allergens or medical conditions, other than to signpost where information is available.

Relevant definitions:

Individualised, bespoke or prescriptive dietary advice: The provision of any dietary information or advice outside of the Government Health Eating Guidelines and beyond the individual’s defined level of competence.

Nutrition Professional: Person with an approved degree level qualification in Nutrition or Dietetics, usually registered with either the UKVRN or HCPC.