



In the know

Careers advice from
Registered Nutritionists

Association for Nutrition



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Foreword

The practice of nutrition has a wide and varied remit as you can see from the careers described in this guide. There are opportunities for Registered Nutritionists in the current job market with nutritionists in academia, healthcare, industry, sports & exercise, government or with animals. It is possible to build a successful career as a self-employed nutritionist. You will find practical advice in this guide to help you as you build up your CV and apply for new posts.

There is an increasing need for nutritionists and I think you will agree that the nutritionists who have provided their job history here have often been 'cutting edge': helping to answer difficult questions or change practice and behaviour using an evidence-based approach. This is good news for nutrition undergraduates whose skills are being developed and honed for transfer to the work place.

By joining the UK Voluntary Register of Nutritionists (UKVRN) you will show you have achieved levels of knowledge and skill which employers and the public can trust.

I hope you find these short work histories encouraging and inspirational. You can do it too!

Professor Janet Cade RNutr FAFN

AfN Registrar



Who this guide is for

This guide is intended for anyone interested in a career in nutrition, whether you are a student, have recently graduated or you are in the early stages of your career.

We have asked experienced Registered Nutritionists to share their inside knowledge of work in nutrition through profiles and advice. These registrants have been where you are now and have successfully established careers in nutrition, many of them are involved (or have been involved) in the recruitment and training of nutritionists.

The guide is split into sections based on potential career pathways. It is not an overview of all nutrition roles (there are far too many to cover) but we hope it gives you a good idea of some possible careers.

Academia / Research

▪ Professor of Nutrition - Epidemiology and Public Health

What do you do now?

I'm a Professor of Nutritional Epidemiology and Public Health at a University where I lead a research team and contribute to a number of degree programmes.

How did you get there?

After completing my nutrition degree at the University of Surrey I was accepted as a PhD student at the MRC Environmental Epidemiology Unit in Southampton. Following this I wanted to take a break from academia and took a post as a planning and review assistant for the local regional health authority. This role gave me valuable health management experience which helped me to move back into academia as a lecturer in Community Medicine (now called Public Health).

I joined my current university and have worked my way up, developing a research team which is internationally recognised for its excellence in Nutritional Epidemiology. Of course, I haven't done that on my own – I have a great team around me including brilliant statisticians and nutritionists. A lesson I learnt early on was that if I wanted to get research funding I had to get the 'big names' involved. It is safer for the funding bodies to see names they know. My advice for aspiring academics is to cultivate collaborations.

Your advice to those seeking work:

I look for a strong academic background and ideally qualifications from top universities. I like to see evidence of self-motivation and use of initiative. Students who have managed to get abstracts or even papers published from their undergraduate or MSc degrees would stand out. At interview, make sure you are well prepared, have looked up the research group, and have a strong general knowledge of nutrition issues.

Would you recommend further study?

I would definitely recommend an MSc for promising undergraduate students if you want to stay in research – however, choose programmes with care.

"At interview, make sure you are well prepared, have looked up the research group, and have a strong general knowledge of nutrition issues."

"A lesson I learnt early on was that if I wanted to get research funding I had to get the 'big names' involved."

Many programmes may repeat undergraduate material. For a career in research you need an MSc that will train you in laboratory or analytical skills.

How do you see the future of the nutrition profession?

Nutritionists need to show the public and policy makers that we have skills to offer which are of value both to individuals and our society as a whole. In the UK, we need to move on from considering only nutrient deficiency diseases to an understanding of the complex interplay between factors that influence our food choice and behaviour around food. Nutritionists need to be involved at many levels, from basic science to international policy. In the future, we need to ensure we have a voice in the growing concerns about international food security.

▪ Professor of Nutrition - Food & Social Policy

What do you do now?

I work in a university as Professor of Food & Social Policy.

How did you get there?

My first paid job was as a research fellow in the London School of Hygiene & Tropical Medicine's Nutrition Department. This was after nearly two years voluntary work in South Africa, an MSc in Nutrition, and another year of volunteering in Rwanda.

I worked on various short contract jobs for 20 years (which is typical of some institutions but not recommended!) then applied for various jobs in nutrition, food and public health.

My present job began as a lecturer in inequalities in health in the School of Health and Social Studies which gave me greater job security than my previous short term contracts. I have stayed at the university ever since.

Your advice to those seeking work:

Although I'm not currently involved in the recruitment of nutritionists, I have done so in the past. I looked for field experience: people who knew how to do surveys, design questionnaires and analyse data (both qualitative and quantitative).

"I have usually looked for practical experience of doing research work – i.e. someone I could rely on to get on with the job."

It is important for applications to recognise transferable skills, but not to exaggerate their experience. I have usually looked for practical experience of doing research work – i.e. someone I could rely on to get on with the job and not be too headstrong or too timid. Evidence of Continuing Professional Development (CPD) also helps to strengthen an application.

Would you recommend further study?

Yes, I would recommend a Masters, or even PhD if appropriate. Graduates should keep their skills up to date – keep an eye on the Association for Nutrition website for AfN Endorsed CPD activities. The Nutrition Society, Health Education Academy, Southampton University and London School of Hygiene and Tropical Medicine may offer CPD courses.

How do you see the future of the nutrition profession?

The profession is essential to enable people to eat healthily and well - but nutritionists should aim to move on from focussing solely on nutrients. Nutritionists have to be good communicators. There is a need for the profession to look at sustainability issues, i.e. how to eat a sustainable healthy diet. This area appears to be growing, particularly in the US.

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■ Senior Lecturer in Nutrition

What do you do now?

I work at a university where I’m a Senior Lecturer in Nutrition.

How did you get there?

My first job after completing my PhD was managing a Fitness Centre! Then I got a job as a Research Fellow at Queen Margaret University in Edinburgh (for six years). In 2000 I got my current position as a lecturer which I have been doing since.

“We advise all our students to get as much work experience whilst at University as possible.”

Your advice to those seeking work:

We advise all our students to obtain as much work experience whilst at University as possible. This often includes voluntary work out with the University. We have links with quite a few Community Food Initiatives in the local area, who take our students on a voluntary basis. Many students go on

to be employed by them after graduation. This is not a formal arrangement: it is up to the student to arrange it, although we can point them in the right direction.

We also have some opportunities for students to work in the labs over the summer, to increase their experience of research techniques.

Would you recommend further study?

We recommend further study and many students on our Nutrition course go on to do a Masters degree.

How do you see the future of the nutrition profession?

I am optimistic. I predict that we will see the nutrition profession growing in the future and being more recognised as a key profession in promoting good health and preventing ill health. Over the past few years there have been many more opportunities for Nutritionists (in Local Health Authorities, Community Food Initiatives, within the Food Industry, with high profile Sport teams etc), and more jobs advertised looking specifically for Registered Nutritionists (especially Public Health Nutritionists) and I hope this will continue to grow.

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Public Health

▪ Public Health Nutritionist – Department of Health

What do you do now?

I lead a team of seven nutritionists at the Department of Health. We provide scientific secretariat to the Scientific Advisory Committee on Nutrition (SACN) and provide nutrition advice to Government. We are involved in drafting scientific reports to inform government policy. Recent examples include Iron and Health (which includes advice on meat and colorectal cancer risk), and advice on trans fats. The current work programme includes Carbohydrates and health and vitamin D. More information about our work can be found on the SACN website: www.sacn.gov.uk

How did you get there?

I graduated in 1993 (during the last recession!) as a microbiologist. My first job was as a Scientific Officer at the Institute of Cancer Research (ICR). I stayed there for seven years during which I completed my PhD. In 2001, I moved to the World Cancer Research Fund (WCRF) as Research Programmes Manager where I managed a team of three people. This was my first job specifically in nutrition, and whilst working at WCRF, I undertook a part-time MSc in Nutrition. I spent five years at WCRF before moving to the Food Standards Agency in 2006 and then to the Department of Health in 2010.

Your advice to those seeking work:

At the Department of Health we operate a competency-based recruitment system. The common mistake we see applicants make is not thinking through examples to demonstrate what they can do. My advice to applicants would be to provide strong examples of your experience using the STAR principle. This is:

Situation - provide a brief outline of the situation or setting

Task - outline what you did

Action - outline how you did it, and

Result - describe the outcomes

If you want to work for the Department of Health but are unable to get a job there at present, you could try applying for jobs at Non Governmental

“I believe part-time study is a good route to gaining postgraduate qualifications: both my PhD and MSc were done while working.”

“The common mistake we see applicants make is not thinking through examples to demonstrate what they can do.”

Organisations (NGOs), e.g. charities. Experience gained at NGOs is transferable, so I would recommend working for an NGO as an alternative until a job opportunity arises within the Department of Health.

Would you recommend further study?

Given the increased number of graduates over the last 20 years, I think further study is essential to help you stand out. I don't think I would have got where I am without my PhD. I believe part-time study is a good route to gaining postgraduate qualifications: both my PhD and MSc were done while working.

How do you see the future of the nutrition profession?

The nutrition profession is an expanding profession, with nutrition a high profile area for Government.

"If you are struggling to find the right position for you, you could try registering with specialist agencies to seek short term assignments till something more long term becomes available."

■ Consultant in Public Health

What do you do now?

I'm a consultant in Public Health.

How did you get there?

I was in academia and moved into NHS public health at a time when the Faculty of Public Health (FPH) was opened up for non-medics, recognising the multidisciplinary nature of public health. Public Health Nutritionists already have many of the competencies and skills required for general public health.

Your advice to those seeking work:

I look for candidates to state how their skills and competencies match the person specification. Often candidates focus on describing the course they have done and their work experience and give little explanation of why they are a good candidate for the job.

If you are struggling to find the right position for you, you could try registering with specialist agencies to seek short term assignments till something more long term becomes available.

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How do you see the future of the nutrition profession?

With the 2010 Government white paper, “Healthy Lives, Healthy People”, there should be more opportunities for Public Health Nutritionists available.

▪ **Public Health Nutritionist – Department of Health**

What do you do now?

I lead a team of nutritionists in the Department of Health.

How did you get there?

Unlike many current public health nutritionists I had an odd route to my current role. My original interest in nutrition was purely academic as a tool to understand physiological impacts on the body. I spent some time as a Post Doc developing models linked to foetal origins of adult disease and then using a technique developed in my PhD to explore aspects of cardiovascular disease.

I detoured into social science research, training and wider health promotion before reengaging with nutrition when joining the Food Standards Agency (FSA) 10 years ago. The rationale for that move was my experience of healthy eating interventionism at the local level and a desire to do more and better through fewer interventions.

Your advice to those seeking work:

My advice for those just embarking: communicate messages simply and clearly, keep your eye on the evidence, be pragmatic, persevere and don't forget to evaluate the impact of your interventions and policies. Remember that everything you do helps you grow as a specialist but you need to reflect on your work to gain the most benefit.

How do you see the future of the nutrition profession?

Although Governments have changed over time, the work really is remarkably similar. The challenges of delivering pragmatic, evidence based policy are the same, as are the issues of communicating simple messages that make a difference and combating the myths and good intentions that run contrary to the evidence.

“My advice for those just embarking: communicate messages simply and clearly, keep your eye on the evidence, be pragmatic, persevere and don't forget to evaluate the impact of your interventions and policies.”

▪ **Academic – Public Health and Nutrition Policy**

What do you do now?

For the past 14 years I have worked as a part-time academic, increasingly in public health nutrition as the discipline has become better recognised, and currently as a part-time reader at a university teaching nutrition policy. Alongside this I have worked in policy development and with The Caroline Walker Trust (a public health nutrition charity) which provides practical and nutritional guidance for population groups.

How did you get there?

When I went to study nutrition and dietetics in 1979 there was no public health nutrition, but we were at the cusp of the new realisation that chronic disease had an important nutritional component. After training as a dietitian I joined the Ministry of Agriculture, Fisheries and Foods (MAFF) as one of a very small team of nutritionists providing input to food composition, dietary surveys and advice to Government.

I left MAFF to do a PhD at The International Centre for Child Studies in Bristol looking at the diets of 16 and 17 year olds in the 1970 longitudinal birth cohort study. I then became a part-time researcher and part-time teacher at a university - and have carried on with two part-time roles ever since.

How do you see the future of the nutrition profession?

There is still a long way to go in ensuring that we support everyone to eat well, and there are new environmental challenges to face. We will need dynamic and forward thinking public health nutritionists across health and social care as well as in policy making. Often you have to make the work opportunities yourself, so you need commitment and passion to be a public health nutritionist, but after 30 years I'm still not bored.

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Animal Nutrition

- **Research and Development Manager – equine nutrition company**

What do you do now?

I am Research and Development Manager for the UK market leader in equine nutrition products. My main responsibility is new product development, product management, nutrition training, nutritional PR and steering our research plans.

How did you get there?

My first job was as a graduate trainee for BOCM Pauls, a national animal feed compounder, where my main role was as a pig and poultry feed formulator. After gaining a good grounding in farm animal nutrition and feed manufacture I joined my current employer two years later.

Your advice to those seeking work:

I mainly look for two things: passion and a good scientific background including a degree from a respected university. The common mistakes I see on CVs are bad spelling or grammar, and CVs that go on for pages. A good CV should be a maximum of two pages long, should be tailored to the job you are applying for and contain only relevant experience and information.

How do you see the future of the nutrition profession?

I think nutrition is going to become more and more important to society – whether it is human, pet or farm animal nutrition. As we all become more concerned about our health – especially from a preventative point of view – the general interest in nutrition will keep increasing, leading to increased demand for nutritional expertise.

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- **Independent Equine Nutritionist**

What do you do now?

I'm an independent equine nutritionist with my own consultancy business.

How did you get there?

After graduation, I wanted a career in the equine field where I could apply my knowledge of physiological science. After landing a job with Spillers Horse Feeds, I realised that being a nutritionist was an ideal way of applying science to horse care.

I worked for about seven years in the commercial industry for two companies before taking the plunge to set up my own consultancy. Working for myself had always appealed to me; I wanted to be truly independent and I wanted my job to be more technical than marketing-based.

Highs of the job include publishing my first book in 2007 (which was aimed at helping horse owners transform the health and performance of their horses), and obtaining my Master's degree whilst working part time. The lows include keeping the business running in a very dry time, where horse feed sales are down and everyone is spending less.

How do you see the future of the nutrition profession?

The field of equine nutrition is frustrating because our scientific knowledge is still not being applied in the field and many feeding practices are not healthy for the horse nor do they support optimal performance. In addition, the commercial industry is not well regulated so there are many questionable products available, with remarkable and unfounded claims.

Anyone interested in equine nutrition as a career will need to work in the commercial sector first, to understand how horse owners and carers make decisions about feeding. Going independent is tough, so a great deal of determination and excellent business flair are necessary.

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“Anyone interested in equine nutrition as a career will need to work in the commercial sector first, to understand how horse owners and carers make decisions about feeding.”

Sports and Exercise Nutrition

▪ Lead nutritionist – national rugby team

What do you do now?

I work with a national rugby team as their Lead Nutritionist. Working with rugby players is very rewarding and I enjoy the variety of nutritional demands I am exposed to within a very physically demanding sport. As I write this, we are preparing for the Rugby World Cup in New Zealand and the current energy demand on the players is so high that we often run out of time in the day to feed them everything we want!

How did you get there?

My undergraduate degree was in Sports Studies at Stirling University. During this time I was involved with the athletics club and sports union. I began to learn more about how diet could affect an athlete's performance. I started to realise how many basic nutrition mistakes many athletes were making and how few of them were implementing strategies that would positively impact their performance. I concentrated on sports nutrition for the last two years of my course, then went on to study for an MSc in Sport and Exercise Nutrition.

Following my MSc I took a position as a nutrition intern at the English Institute of Sport in Sheffield. This post provided me the mentoring that I needed to apply my knowledge in an elite sport setting. I remained in Sheffield for the following two years working with the Olympic Judo and Boxing teams. Weight category sports are highly demanding sports to work in and nutrition plays a crucial role with each of the athletes in order to manage their weight and maintain a sufficient intake to train, adapt and compete. I moved to my current position following the 2008 Olympic Games.

Your advice to those seeking work:

My best piece of advice to anyone embarking in a career in nutrition is to read, then read some more and then read again! Nutrition is such an evolving and dynamic subject that it's difficult to keep current let alone ahead of the game, so reading and learning have to become your close friends.

The second most important piece of advice is to put yourself in positions to learn. Opportunities to learn are all around us and never dismiss a piece of

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information just because it contradicts something you previously believed or followed. By putting yourself in positions to learn you also interact and network with people who may come in handy later in your career.

International Development

▪ Nutrition and Food Security Adviser

What do you do now?

Currently I work part-time as a Senior Lecturer in International Public Health Nutrition and also as a freelance consultant.

How did you get there?

My first overseas job was with Médecins Sans Frontières-Holland after I'd studied for an MSc in nutrition. I started out when the 'nutrition in emergencies' sector was relatively new and I was able to take advantage of its development. However these days overseas work experience is, I feel, more important than academic qualifications - although studying may help with networking, building confidence and in developing a breadth of knowledge in the subject matter. There are a number of short courses now that people can take to upgrade skills in specific areas and they may be helpful for those unable to study full time.

Your advice to those seeking work:

The most common mistakes that people suggest a lack of professionalism, things like: poor presentation, lack of consideration, poor communication skills. These skills are not subject specific but lack of them is not encouraging to prospective employees.

How do you see the future of the nutrition profession?

I feel strongly that the undernutrition that occurs around the world will maintain its current high political profile, and the number of jobs will continue to grow.

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Food / Industry

- **Head of Nutrition – food and drink company**

What do you do now?

I'm head of nutrition at a large food and drinks company. The job involves working across the business to ensure that good nutrition is put at the heart. This might mean working with the product developers to ensure products are as healthy as we can get them or working with our marketing team to ensure advertising claims are legally compliant and responsible.

How did you get there?

I graduated in dietetics and so my first job was as a dietitian in the NHS. I realised quite soon after I started that the role wasn't for me. Working in the food industry appealed because I felt that there was a potential to influence a greater number of people in a positive way. I applied for several nutrition jobs in the food industry and headed up nutrition at a retailer before joining my current company.

Your advice to those seeking work:

From experience and speaking to other industry nutritionists I know that jobs can easily get upwards of 60 applicants. Nutritionists need to work hard to make themselves stand out. It depends on the level of experience you have and the type of role you are applying for, but particularly for those with less experience and new graduates, your grades at university are very important. Working in the industry suits nutritionists who are able to deal with technical information as well as being approachable and business-minded.

Nutrition professionals need to keep their eyes peeled on all the job boards and not just the obvious places like the Nutrition Society's.

How do you see the future of the nutrition profession?

I believe that the profession will continue to grow in number and importance.

“Working in the food industry appealed because I felt that there was a potential to influence a greater number of people in a positive way.”

▪ **Nutrition Manager – international food manufacturer**

What do you do now?

I work as Nutrition Manager for scientific and regulatory affairs. I look after the research program for the UK and collate the scientific evidence for our products and product claims.

How did you get there?

My first nutrition job was as part of my degree. I took a year out to work as a junior nutritionist for the Co-Op in Manchester. I was very lucky to get a job as I was so inexperienced, I also was lucky to have such a fantastic team of experts at the Co-op who took the time to train me. If it wasn't for that job I'm not sure I would be where I am now.

Your advice to those seeking work:

Enthusiasm for food! The job is all about food, but we have some people who apply for jobs that can't even cook and don't get excited about food.

Experience is invaluable now; there is an ever increasing amount of nutrition degrees across the UK and Ireland. Even at junior level a degree is sometimes not enough. We like to take people on with at least one year of experience in industry.

Be prepared to get experience in other areas of food rather than being too focussed on nutrition early in your career. There are hundreds of different food jobs that will help provide a solid base for your nutrition career. Consider roles in food technology, product development or food safety and quality. This will provide hands on appreciation of how food is made, and nutrition is part of most food related roles when you wouldn't expect it.

How do you see the future of the nutrition profession?

It is growing in importance all of the time. More and more companies are hiring Registered Nutritionists and nutrition teams are getting bigger.

"[You need] enthusiasm for food! The job is all about food, but we have some people who apply for jobs that can't even cook and don't get excited about food."

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Self Employed / Freelance

▪ Self Employed Consultant Nutritionist

What do you do now?

I've worked as a Registered Nutritionist for 25 years, with a few years break when my children were babies.

How did you get there?

I originally studied Nutrition at Queen Elizabeth's College (which is now King's College, London), and went on to complete a PhD in Aberdeen.

I worked for a few years part-time in 'heart health' for the National Heart Foundation of New Zealand. Probably less than half that job involved nutrition, but I still consider it excellent experience. Through my contacts gained in this position, I obtained a second part-time position in Health Promotion with the local hospital Community Dietitians, researching food security and the role of food banks in poor rural communities – a very interesting area!

Your advice to those seeking work:

Academia is an obvious source of employment: my first job was in research and later I approached a university and did a year of part-time lecturing. University lecturers need to carry out research and casual or part-time contracts can become available in universities when lecturers need to focus on their research work.

I have moved location several times with my husband's career, and I think that having a PhD has given me extra clout when seeking employment. Some rejection along the way is bound to happen, but with patience and persistence I've generally been lucky.

Flexibility has been vital: I have kept a broad perspective on what roles I considered to be close enough to nutrition, and two part-time jobs rather than one full time has sometimes worked well.

Registered Nutritionists need to push themselves into the spotlight and get involved. I've answered weight loss queries for magazines and made contributions to many articles on various topics such as vegetarianism, sports drinks and sweeteners etc – generally this has been unpaid work. This has been a way to keep up my profile, or has provided publicity for an employer.

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"University lecturers need to carry out research and casual or part-time contracts can become available in universities when lecturers need to focus on their research work."

"Some rejection along the way is bound to happen, but with patience and persistence I've generally been lucky."

However, journalism can be cut-throat: freelance journalists often want you to do the work for them and may not always correctly reproduce information.

How do you see the future of the nutrition profession?

It is an uncertain time for academics with the continuing shake-up in university funding and fees. But although this will be a challenging time, a shake-up is just that – and more junior or casual/part-time positions could be the result.

Being involved with organisations such as the Association for Nutrition is very important to support and promote the professional titles of the UK Voluntary Register of Nutritionists (UKVRN). The public needs to be made aware that not all people using the title Nutritionist are adequately qualified – but that there is a Register of those who are.

I also think we need to work more closely with the Dietetic community. Registered Nutritionists are not involved in putting sick people on therapeutic diets, but have an important role to play in promoting healthy diet and lifestyles. The current epidemic of preventable ill health requires the active participation of good nutritionists to develop initiatives to reverse this trend.

It is rare to start a career with the perfect job but early positions provide a valuable foundation. Nutrition is a varied and fascinating subject, with knowledge always advancing. I feel lucky to be in a profession where there are constantly new developments. The nutrition sector can be a challenging place, but it is an exciting time to be in a profession which is so fundamental to life.

“The nutrition sector can be a challenging place, but it is an exciting time to be in a profession which is so fundamental to life.”

■ Nutrition Consultancy Owner

What do you do now?

I currently run a business to business nutrition consultancy and freelance register. I am also involved in public health via our schools healthy lifestyles programme.

“The first thing we look for is registration on the UKVRN.”

How did you get there?

After leaving university I went into academia, completing my PhD and four year post-doctoral Fellowship at the University of Leeds. With eight years academic experience I then set up my own consultancy business.

I had very little business experience when I set up so I went into partnership with someone with no nutrition knowledge but plenty of business acumen! I don't know anyone else who has done it this way but it works for us. It's been a steep learning curve for me on the business side of things but I get so much enjoyment out of it that it makes it all worthwhile.

Your advice to those seeking work:

We regularly recruit nutritionists, particularly graduate nutritionists, and the first thing we look for is registration on the UKVRN. Candidates should be aware of professional conduct and competency issues. Common mistakes include poorly written CVs and covering letters with spelling mistakes. My biggest issue when recruiting is unprofessional email addresses – they can seriously put off a potential employer!

How do you see the future of the nutrition profession?

I strongly believe that the jobs market will increase again in the future. It's a tough time at the moment for everyone, but with this Government's push on public-private engagement, particularly around public health and the involvement of the food industry I believe that there will be plenty of work for us to do in helping make this relationship work, whilst cushioning and protecting the fantastic work going on in public health nutrition.

“With this Government’s push on public-private engagement, particularly around public health and the involvement of the food industry I believe that there will be plenty of work for us to do.”

Useful Contacts

The British Nutrition Foundation: interprets and communicates nutrition information

www.nutrition.org.uk

Do-It: lists volunteering opportunities

www.do-it.org.uk

Faculty of Public Health: the standard setting body for specialists in public health in the United Kingdom

www.fph.org.uk

Health Jobs UK: online listing for jobs in health

www.healthjobsuk.com

New Scientist Jobs: the jobs website of New Scientist magazine

www.newscientistjobs.com

NHS Careers: information on working in the NHS

www.nhscareers.nhs.uk

The Nutrition Society: the largest learned society for nutrition in Europe

www.nutrition society.org

Nutrition2me: nutrition publications and job listings

www.nutrition2me.com

Prospects: the UK's official graduate careers service

www.prospects.ac.uk

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Information is provided for general guidance purposes only and is not legal or professional careers advice

About AfN

The Association for Nutrition (AfN) defines and advances standards of evidence-based practice across the field of nutrition and at all levels within the workforce. We protect and benefit the public by:

- **Championing Registered Nutritionists (RNutr)**, whose entry onto the UK Voluntary Register of Nutritionists (UKVRN) is an assurance that they meet our rigorous standards of competence and professionalism.
- **Supporting frontline health and social care workers** with essential tools enabling individuals to evaluate and enhance their competence to use nutrition safely and competently in their practice.
- **Recognising high quality, relevant nutrition training** through our Course Accreditation, CPD Endorsement and Certification schemes.

The Association for Nutrition was launched in March 2010 as a wholly independent not-for-profit professional association registered as a company limited by guarantee.

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