GUIDE

WHICH SPECIALISM SHOULD I CHOOSE?

When you apply for RNutr registration, you will be required to choose a specialist area of competence. It is important to pick the most appropriate specialism for yourself, as you will need to demonstrate your competence regarding the application of nutrition within this area in your portfolio.

ANIMAL

Understand the specific characteristics of their nominated species of expertise, working on their welfare, dietary needs or nutritional disorders.

FOOD

Often work within, or supporting, the food industry in a variety of roles, e.g. training, education, health promotion and communication.

HEALTHCARE MEDICAL

GMC-registered and licensed practitioners, dually qualified in nutrition science, using nutrition expertise routinely.

NUTRITION SCIENCE

Often work in research roles, applying knowledge from fields such as molecular biology, biochemistry and physiology.

PUBLIC HEALTH

Often work in research, government, NHS, NGOs, local authority settings or are self-employed.

SPORT & EXERCISE

Often develop, implement and/or evaluate nutritional strategies to optimise performance in sport and exercise.

HOW TO CHOOSE

1 Read the full definitions provided in 'Competency Requirements for Registered Nutritionists'.

2 Think about which of these areas you most readily identify yourself as falling within. Which area covers the majority of your professional work?

3 If you are still unsure after reading the descriptions, read through the Core Competencies and examples for each specialism. This should help you reach a decision.

If you consider you are able to meet two specialist areas equally, you may select two specialist areas. You will need to show you are able to meet the competency requirements in both areas.

association for Nutrition
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