

Career: Nutritionist

Nutritionists are the heart of a patient's **health** by using their knowledge of the **science of food** to help individuals and groups make the right choices about what they eat.

You'll teach and inform the public and health professionals about diet and nutrition. You'll aim to promote good health and prevent disease in individuals and communities.

Skills and personal characteristics needed

- interested in science & food
- positive & able to motivate others
- understanding of other people & their lifestyles
- able to explain complex things simply
- an understanding of science
- organisation skills
- communication skills
- business skills for private/freelance work

Why is healthy eating important?

1. Provides the body with the necessary nutrients for optimal functioning.
2. Reduces the risk of chronic diseases.
3. Boosts energy levels.
4. Supports overall well-being.

