**ENIAYE GRACE**

**16/MHS04/002**

**NTD 412 ASSIGNMENT**

**ANSWERS**

**ROLES OF A NUTRITIONIST**

Nutritionists use their knowledge of the science of food to help individuals and groups make the right choices about what they eat. Nutritionists work with their clients to help them achieve a variety of goals such as weight loss, healthier eating habits, etc. they may work in a clinical or community setting however, they are responsible for the following duties:

* Nutritionists develop meals plans, educate on portion control and are qualified to prescribe special diets for the treatment or prevention of diseases, such as heart disease and diabetes.
* Advising and presenting a balanced nutritional strategy.
* Discussing and advising on weight-management plans.
* Recognizing appropriate behavioral-change modifications and dietary approaches for different ages and populations.
* Evaluating clients' health needs.
* Discussing nutrition and eating habits with clients.
* Developing educational resources for clients.
* Determining the best nutrition plan for each client.
* Adjusting plans as needed.
* Monitoring clients' progress.
* Staying updated on the latest research in the field.

However, there are specific roles and duties assigned to nutritionists in their own field and some of which are:

**Clinical Nutritionists**

Clinical nutritionists work in medical settings, such as hospitals, doctor’s offices and clinics. These nutritionists are in charge of providing medical nutrition therapy, a therapeutic method used to treat diseases by specifically tailoring the diet. They work with specific subset of patients, such as those with diabetes or kidney disease. They work with doctors and other health care professionals to develop meal plans that provide the appropriate amount of nutrients to patients, based on their medical conditions. Their duties may include screening patients for nutritional risk, developing medical nutrition therapy plans, discussing plans with doctors, patients and their family members.

**Community Nutritionists**

Community nutritionists tend to work in non-profit agencies, public health clinics, government agencies, and other organizations with direct contact with the public. These nutritionists work to educate the public on nutrition, food and other health-related topics. Their duties include speaking to groups about nutrition and health, creating educational programs for the public concerning nutrition, developing plans for specific demographics (elderly, adolescents, etc).

**Food Service Nutritionists**

Food service nutritionists work in school cafeterias, restaurants and other large-scale food establishments. Following government or state policies is usually a critical component to this position. Specific guidelines must be followed regarding portion sizes, food group options and menu disclaimers. Routine audits and inspections are done to ensure kitchen staff and managers are in compliance with regulatory standards. Food service nutritionists also give advice for handling special dietary concerns and food allergies.

**Sports Nutritionists**

A sports nutritionist works with athletes and coaches to ensure top athletic performance. Individual plans are developed based on each athlete's nutrient needs. A sports nutritionist also collaborates with athletic trainers to prevent injuries and help recovering athletes. Nutrient timing and proper supplementation are important for workouts, practice sessions and games. Sports nutritionists work for high schools, universities or professional organizations. Individual athletes may also hire sports nutritionists during the off season.