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MATRIC NUMBER; 16/MHS02/032

COURSE TITLE; NUTRITION COUNSELLING

COURSE CODE; NTD 412

ASSIGNMENT- ROLES OF A NUTRITIONIST

 **Who is a nutritionist?**

A nutritionist is a person who advises others on matters of food and nutrition and their impacts on health.

 **ROLES OF A NUTRITIONIST**

Nutritionists work with their clients to help them reach a variety of goals, such as weight loss, healthier eating habits, and managing stress. This may involve equipping patients with tools for behavior modification and adjusting their dietary approach. Nutritionists may work in a clinical or community setting but in general, these professionals may be responsible for duties such as:

* 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
* Helping clients manage disease (such as diabetes) through nutrition

**Clinical Nutritionist Responsibilities**

Clinical nutritionists typically work in hospitals and other medical facilities with patients who - need medical nutrition therapy. Some of these nutritionists may specialize in working with a specific subset of patients, such as those with diabetes or kidney disease. These professionals focus on using nutrition to help manage the disease and improve a patient's overall health. Specific job duties may include:

* Screening patients for nutritional risk
* Developing medical nutrition therapy plans
* Discussing plans with doctors and other health care team members
* Talking about nutritional issues with patients and their families

**Community Nutritionist Responsibilities**

Community nutritionists tend to work in nonprofit 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. Job duties for community nutritionists may include:

* Speaking to groups about nutrition and health
* Creating educational programs for the public concerning nutrition
* Developing programs/plans for specific demographics (elderly, adolescents, etc.)