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NTD 412

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.

**Clinical Nutritionists**

Clinical nutritionists work in medical settings, such as hospitals, doctors 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. Clinical nutritionists 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. Duties may include formulating meals for a feeding tube or providing nutrition education classes for people living with medical conditions.

**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.