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MATRIC NO: 16/MHS01/136

COURSE CODE: NTD 412

COURSE TITLE: NUTRITION COUNSELLING

QUESTION: state the roles of a nutritionist.

 ROLES OF A NUTRITIONIST

They include:

1. Researching how the body functions are affected by nutrient supply.
2. Investigating the relationship between genes and nutrients.
3. They study how the diet affects metabolism.
4. They examine the process of nourishment and the association between diet, disease and health.
5. They provide healthy advice and promote healthy eating.
6. They advise about special diets
7. They educate health professionals and the public about nutrition.
8. They evaluate a client’s health needs.
9. They discuss nutrition and eating habits
10. They develop educational resources for clients.
11. They determine the best nutrition plan for each client
12. They adjust plan if needed.
13. They monitor the progress.
14. They stay updated on the latest research in the field.

Other roles include:

CLINICAL NUTRITIONISTS

* They are in charge of providing medical nutrition therapy, a therapeutic method used to treat diseases by specifically tailoring the diet.
* They work hand in hand with doctors and other healthcare professionals to develop meal plans that provide the appropriate amount to patients.
* Formulating meals.

FOOD SERICE NUTRITIONISTS

* They work in school and large scale food establishments.
* They give advice for handling special dietary concerns and food allergies.

SPORTS NUTRITIONIST

* They work with athletes to make sure the athletes perform effectively.
* They help develop nutritional or diet plans for each athlete based on their nutritional requirements.