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DEPARTMENT: PHYSIOLOGY

COURSE TITLE: NTD 412

QUESTION: STATE THE 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. Some people specialize in particular areas, such as sports nutrition, public health, or animal nutrition, among other disciplines. In many countries, a person can claim to be a nutritionist even without any training, education, or professional license, in contrast to a dietitian, who has a university degree, professional license, and certification for professional practice.

**Roles of a nutritionist?**

In no particular order, given the types of nutritionists that there are, the roles of a nutritionist include:

* Evaluates clients nutritional needs
* Draws up a meal plan for client's dietary requirements
* Evaluates plan's effectiveness and revises as necessary
* Counsels clients on nutrition and ideal nutritional choices based on the client's current condition
* Consults with a team of healthcare practitioners who work together with the client
* Educates the public on nutrition issues
* Keeps up to date on the latest nutritional studies and findings
* Travels to speaking engagements when working with the community
* Attends conferences and engages in educational opportunities
* Recruits volunteers when working on nutritional research projects
* Gathers statistics and organises reports when conducting research
* Writes up reports detailing the clients progress