Dietitian

Dietitians translate the science of nutrition into everyday information about food and advise people on their food and nutrition choices.

Working life

You'll assess, diagnose and treat dietary and nutritional problems. Your aim is to promote good health and prevent disease in individuals and communities.

"There is nothing better than seeing patients leave the critical care unit and working with them on their journey to recovery."

Read Ashley's story [1]

You'll be skilled at translating scientific and medical research related to food and health into practical guidance for the general public. You'll also teach health professionals about diet and nutrition.

You'll work in hospitals or in the community and with individuals and communities with both healthy and sick people. You could, for example, work with people who:

- have digestive problems
- want to lose weight
- need to put on weight after an illness
- have HIV
- have an eating disorder
- want to improve their sports performance
- have an allergy.

As well as working with other health professionals and nutritionists, you may supervise the work of dietetic assistants. [2] Dietitians and nutritionists have different roles and training and are regulated by different bodies.
Entry requirements

You must first successfully complete an approved degree in dietetics, usually at undergraduate level. You'll need

- two or three A levels, including chemistry, maths or biology, along with five GCSEs (grades A-C [3] or 4-9), including English language and maths

or equivalent qualifications

- BTEC, HND or HNC which includes science subjects
- relevant NVQ
- science-based access course
- equivalent level Scottish or Irish qualifications

To get onto a postgraduate course you will normally be expected to hold an honours degree which contains an acceptable level of human physiology and biochemistry. The other option is to apply for an apprenticeship degree.

New annual payments

You’ll receive at least £5,000 a year to help fund your studies, through the NHS Learning Support Fund. The best part? You won’t have to pay a penny back.

Degree apprenticeship

A degree apprenticeship is another way to become a dietitian. Apprenticeships give you the chance to earn a living while gaining your qualification. Your employer and the government will pay the tuition fees, so apprenticeships aren’t eligible for student grants.

Must have skills

Don’t forget – academic qualifications aren’t everything. You’ll need to be interested in science and food and people's lifestyles. You'll need excellent communication skills and be able to explain complex things simply.

Training and career development

Once qualified, dietitians often join the British Dietetic Association. Registered dietitians have to keep their skills and knowledge up to date with annual CPD (continuing professional development). BDA runs courses, conferences and seminars where dietitians can exchange ideas and update their skills.

You could specialise in a clinical area, such as cancer or diabetes or work with particular groups, such as elderly people or those with learning difficulties. Teaching and health education are also options. You could take on a management role where you would supervise the work of a team of dietitians. Eventually, you
could be responsible for controlling a budget and planning and marketing a dietetic service.

You could work in sports nutrition or the food industry. Some dietitians move into marketing roles such as publishing, sales and public relations.

**Pay and benefits**

Your standard working week will be around 37.5 hours with the need to work flexibly over a seven day period. As a dietitian, you’ll be paid on the Agenda for Change (AFC [4]) pay system, typically starting on band 5.

You’ll also have access to our generous pension scheme and health service discounts, as well as 27 days of annual leave plus bank holidays.

- Live vacancies
  - View Vacancy [5]

**Dietitian**

Hatfield, AL9

- **Salary:**
  - £35,000 - £40,000 + Benefits

- **Type:**
  - Permanent

- **Employer:**
  - Elysium Healthcare

- View Vacancy [6]

**Dietitian**

Portsmouth, PO2 8AL

- **Salary:**
  - £38890.00 to £44000.00 a year
Dietitian

Sutton Coldfield, B74 3NE

Salary:

Up to £33,167

Type:

Permanent

Employer:

Central Advertising - General Practitioners

View Vacancy

Dietitian

Poole, Dorset, BH15 2JB

Salary:

£24,907.00 - £30,615.00 pa pr

Type:

Permanent
**Employer:**

University Hospitals Dorset NHS Foundation Trust

- View Vacancy
  - View Vacancy [9]

**Dietitian**

Ipswich, IP4 5PD, CO4 5JL

- **Salary:**
  
  Starting salary from £24,907 per annum

- **Type:**
  
  Fixed term

- **Employer:**
  
  East Suffolk and North Essex NHS Foundation Trust

  - View Vacancy
    - View Vacancy [10]

**Dietitian**

Royal Bolton Hospital, Bolton, BL4 0JR

- **Salary:**
  
  £24,907 - £30,615 per annum

- **Type:**
  
  Permanent

- **Employer:**
  
  Bolton NHS Foundation Trust

  - View Vacancy
MSc Dietetics and Nutrition

London Metropolitan University

View course  Opens in a new window [11]

Region **London**

Type of course **Postgraduate/accelerated programme**

Full or part time **Full time**

Duration **2 years**

Contact details
courseenquiries@londonmet.ac.uk [12] **020 7133 4200**.


Admissions address
166-220 Holloway Road
London
N7 8DB


Accelerated courses are for graduates with a relevant degree. See our FAQ for more information. [13]
BSc (Hons) Dietetics and Nutrition

London Metropolitan University

View course Opens in a new window

Region London

Type of course Undergraduate

Full or part time Full time

Duration 4 years

Contact details courseenquiries@londonmet.ac.uk [12] 020 7133 4200

Course webpage http://www.londonmet.ac.uk/courses/undergraduate/dietetics-and-nutrition---bsc-h...

Admissions address

166-220 Holloway Road
London
N7 8DB

Course webpage http://www.londonmet.ac.uk/courses/undergraduate/dietetics-and-nutrition---bsc-h...

BSc (Hons) Nutrition and Dietetics

Surrey, University of

View course Opens in a new window

Region South East

Type of course Undergraduate

Full or part time Full time
Duration
4 years

Contact details
admissions@surrey.ac.uk [16] 01483 682222

Course webpage https://www.surrey.ac.uk/undergraduate/nutrition-and-dietetics [15]

Admissions address
School of Health Sciences
University of Surrey
The Kate Granger Building,
30 Priestley Road
Guildford
Surrey
GU2 7YH

Course webpage https://www.surrey.ac.uk/undergraduate/nutrition-and-dietetics [15]

**PgDip Dietetics**

Leeds Beckett University

View course  Opens in a new window [17]

Region **Yorkshire and The Humber**

Type of course
**Postgraduate/accelerated programme**

Full or part time
**Full time**

Duration
2 years

Contact details
admissionenquiries@leedsbeckett.ac.uk [18] 0113 812 3113

Course webpage https://courses.leedsbeckett.ac.uk/dietetics_pgdip/ [17]

Admissions address
Accelerated courses are for graduates with a relevant degree. See our FAQ for more information.

**BSc (Hons) Dietetics**

Leeds Beckett University

View course Opens in a new window

Region **Yorkshire and The Humber**

Type of course **Undergraduate**

Full or part time **Full time**

Duration **4 years**

Contact details
admissionenquiries@leedsbeckett.ac.uk [18] **0113 812 3113**

Course webpage https://courses.leedsbeckett.ac.uk/BSC_dietetics/ [19]

Admissions address

Civic Quarter
Calverley Street
Leeds
LS1 3HE

Course webpage https://courses.leedsbeckett.ac.uk/BSC_dietetics/ [19]

- Load more [20]

**Other roles that may interest you**

- Nutritionist [21]
- Dietetic assistant [2]
- Occupational therapist [22]
• Health trainer [23]

Source URL: https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dietitian

Links
[3] https://www.healthcareers.nhs.uk/glossary#Grades_A-C
[12] mailto: courseenquiries@londonmet.ac.uk
[16] mailto: admissions@surrey.ac.uk
[17] https://courses.leedsbeckett.ac.uk/dietetics_pgdip/
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