

Nutritionist

Nutritionists teach and inform groups and individuals about diet and nutrition, motivating them to make changes that will promote a healthier lifestyle.

The Work

You could be:

- working with individuals or the wider community motivating them to make positive changes to their lifestyle
- advising sports professionals on their diet to improve their performance
- promoting healthy living through presentations and workshops in schools and colleges
- providing specialist advice to staff in schools or residential care homes
- helping with menu ideas for hospitals, schools, sports team, care homes or workplace canteens
- carrying out surveys, putting changes in place, and writing up reports
- providing nutritional information for food manufacturing companies for their packaging
- researching foods, including new products for the market, and how they affect our health.

Pay

Starting off as a nutritionist with the NHS you would be on the Agenda for Change salary scales. The current pay scales are from April 2025. You would start on Band 5, £34,494 to £42,977 a year. With experience and specialisation you could move on to Band 6, £43,169 to £52,603 a year.

Outside the NHS your income would vary according to your employer. It could range from £28,000 to £33,000 a year.

Conditions

- You could be based in a range of environments including an office, hospital, residential care home, health centre or sports club.
- You may be working as part of a research team, working in a laboratory.
- You may have to travel between different locations.
- Hours are normally regular, Monday to Friday, 9.00am to 5.00pm.

Getting In

- There is no specific route into this career, however most nutritionists will have a degree in nutrition or other related subject.
- Queen Margaret University offers an MNutrition degree requiring 4 Highers at BBBC (standard entry) or BCCC (widening access entry) including Higher Biology or Chemistry and preferably another science subject. Subjects at National 5 are also required.
- Other Scottish universities offer nutrition degrees studied with another subject such as food science, dietetics and fitness. You would normally need 4 good Highers including a science subject.

- Employers would expect you to be registered with the [Association for Nutrition \(AfN\)](#). There are three categories: Registered Nutritionist (RNutr), Associate Nutritionist (ANutr) and Fellow of AfN (FAfN). See their website for details.

Nutritionists work for the NHS as well as a number of other employers including local authorities, residential care homes, sports clubs, or private companies. Some work freelance for a number of different companies. They also work in research based in universities.

What Does It Take

You should be:

- interested in food and science
- able to motivate others
- able to explain things to others in a way they will understand
- good at organising your workload
- confident in presenting information
- good at researching and handling data.

Training

- Training is usually on the job. You would be expected to keep your skills and knowledge up to date.
- The Association for Nutrition offers courses suitable for CPD.

Getting On

- You could move onto a senior role.
- You may wish to specialise in a particular area such as public health, sports nutrition, animal nutrition, food industry or teaching.
- You might decide to go freelance.

More Information

Have a look at the [A Tasty Career in Nutrition Science](#) from the Association for Nutrition for some more information on this career.

Contacts

Association for Nutrition

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Statistics

Employment Status : Not available this career.

Past Unemployment - Scotland

No Claimant statistics available for Scotland.

Predicted Employment Statistics : Not available this career.