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NUTRITIONISTS IN INDUSTRY

# Careers leaflet

*What does a nutritionist in industry do?*

*Who are “Nutritionists in Industry?”*

*What can Nutritionists in Industry do for you?*



Nutritionists in Industry: Elevating nutrition expertise in the industry. We empower nutritionists, dietitians and nutrition professionals, promote credibility, and share the latest science. Join us to shape the future of nutrition, connect with industry leaders, and improve health and well-being.

[www.nii.org.uk](http://www.nii.org.uk)



# NUTRITIONISTS IN INDUSTRY

## Nutritionists working in industry

Nutritionists who work in the food industry have usually studied nutrition, food science or a related subject at degree level or higher. University courses focus on the relationships between nutrition health and disease and the promotion of healthy eating as well as covering subjects such as food production and manufacturing. Some nutritionists have also studied dietetics which concerns the clinical application of nutrition.

Nutritionists working in industry are strongly encouraged to become registered, either with the Association for Nutrition (AfN) or the Health Professional Council (HPC) in the case of dietitians. To do so nutritionist need to demonstrate they have studied to a recognised level, are competent to practice, work to a set of agreed standards and are committed to keeping up-to-date within their area of expertise. Registration schemes provide reassurance for employers and the public alike, guaranteeing that a registered nutritionist meets specific standards.

*“Nutritionists in Industry is a recognised group of like-minded individuals who are keen to support each other, to learn and develop their practice.”*

## What type of food companies do nutritionists work for?

Most nutritionists work for one of three kinds of employers:

**Catering and Food Service:** from wholesalers such as Brakes and Bidfood who supply food to independent caterers; to catering companies supplying to schools, leisure centres, offices and hospitals such as Sodexo, Compass and Baxter Storey; to restaurant chains such as McDonalds.

**Manufacturers:** a wide range of food and pharmaceutical manufacturers that produce anything from baby foods to food supplements, dietetic foods to household groceries such as Allied Bakeries, Britvic Soft Drinks, Coca Cola, Danone, Nestlé and Premier.

**Retailers:** major supermarkets and pharmacy chains such as Boots, Marks & Spencer, Sainsbury's, Tesco and Waitrose.

Nutritionists may also be employed by public relations companies to work with clients in the food industry as well as by health and weight loss organisations, or trade and industry organisations such as The Dairy Council, British Nutrition Foundation, IGD and Leatherhead Food Research.

Whilst most nutritionists are employed directly by a company, others work on a freelance basis for one or more food industry clients.

### What type of work do nutritionists do?

The role of a nutritionist in industry can be very varied. The main areas of work include:

**Customer service:** answering nutrition related enquiries from the general public, internal and external clients and health care professionals.

**Health promotion and nutrition training:** supporting educational initiatives, developing associated resources and materials, delivering presentations and nutrition training.

**Influencing and communicating:** contributing to commercial plans and strategies, representing their company externally at meetings, conferences, exhibitions, on committees and in the media.

**Marketing:** supporting marketing campaigns, substantiating product claims, development and clearance of broadcast and press advertising and public relations campaigns.

**Product development:** highlighting new and emerging trends in nutritional science, advising on the nutritional composition of new and existing products, recipe and menu analysis.

**Regulatory support:** interpreting legislation, ensuring products and their labels are legal and comply with current legislation and best practice.

**Research and science:** planning, supporting and managing research projects, liaising with external experts, preparation of scientific papers and reports.

### What core skills and competencies are required?

Beside the necessary qualifications and experience, employers often look for a range of key competencies and skills.

They may look for evidence of:

- ability to handle and interpret scientific data.
- commercial awareness.
- communication skills and the ability to influence at all levels.
- continuing professional development.
- networking with a wide range of stakeholders.
- resourcefulness, resilience, and self-motivation.



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# NUTRITIONISTS IN INDUSTRY



Nutritionists in Industry is a recognised group of like-minded individuals who are keen to support each other, to learn and develop their practice.

The group recognises that there are areas of nutritional science, professional's development, food legislation and core skills that are relevant to each member



To help meet our aims the group provides

- 3 continuing Professional Development meetings a year held in or near central London including at least one online event
- contribute to public debate on key nutritional issues.
- discuss core issues relevant to nutrition and the food industry.
- increase public awareness of good nutrition.
- networking and sharing of information.



## The key aims of NII are:

- to raise the profile of nutritionists and dietitians working within the food, drink and pharmaceutical industries
- For nutritionists to be seen as a credible source of knowledge and expertise within the food industry



## Become a member of NII;

Membership is open to registered nutritionists and dietitians who are working in the food, drink or pharmaceutical industries.

Freelance applicants must provide details of their industry clients, and vested interests.

Other applicants are considered on a case by case basis.

Membership year runs from April 5th each year and is subject to a modest membership fee.

To find out more about how to become a member contact: [info@nii.org.uk](mailto:info@nii.org.uk)