DIETITIAN

PŪKENGA WHAKAITA KAI (NGĀ TOHUNGA MĀTAI KAI)

Dietitians provide advice and counselling on diet, food and nutrition to individuals and communities. They also design nutrition programmes to support health and wellbeing.

Kia Ora **Hauora**
Supporting Māori into Health

WHAT IS A DIETITIAN?

Dietitians provide advice and counselling on diet, food and nutrition to individuals and communities. They also design nutrition programmes to support health and wellbeing. Dietitians also do some or all of the following:

- counsel clients on lifestyle and nutrition habits
- plan special diets or provide specialised nutrition support for clients
- do research
- lecture at universities/polytechnics on the topics of diet and nutrition
- provide nutritional information to food industry organisations
- manage small – large catering services
- create and promote healthy eating and food access policy
- provide nutritional information to sports and fitness centres, and athletes
- prescribe specialist nutritional products.

Dietitians need to have knowledge of:

- food and its nutrients, including the nutrients needed for human health
- how food is digested and absorbed
- science, including physiology, biochemistry and nutrition
- how patients may respond to advice and treatment
- health and nutrition research techniques
- food preparation techniques
- different cultures' beliefs and behaviours relating to food
- business management
- how to develop public health policies and health promotion programmes

WHERE DO DIETICIANS WORK?

- Private practice
- Gyms, health centres
- Hospitals (District Health Boards)
- Food service settings
- Marae, wider community settings
- Public health or health promotion agencies

WHAT TRAINING DO I NEED?

To become a dietitian, you need to complete a:

- Bachelor of Science, major in human nutrition, or food science and nutrition

WHAT CLASSES SHOULD I TAKE NOW?

NCEA Level 3 in a minimum of three subjects. The following are useful subjects:

- Biology
- Chemistry
- Maths
- Home economics (food and nutrition),
- Health education
- Te Reo Māori
- English