



The Association
of UK Dietitians

**Financial
support
available**



Why

become a

dietitian?

How can I become a dietitian?

You must do a degree in dietetics to become a dietitian.

What subjects do I need?

- ✓ at least five GCSEs at grades 9 to 4 (A* to C), including English, Maths, and a science
- ✓ three A-levels, including Biology (some also need Chemistry)

What if I don't have GCSEs and A-levels?

Contact the universities to ask which other qualifications they accept.

There are also dietetic degree apprenticeship courses available where you can work and learn at the same time.

For more information visit bda.uk.com/apprenticeships

“I did some work experience before applying for my degree. It helped me understand the job and enhanced my personal statement.”

Naomi Hipson, Dietetic Student



**Find out more at
bda.uk.com/careers**

Where do dietitians work?

- ✓ care homes
- ✓ clinics
- ✓ food industry
- ✓ GP surgeries
- ✓ gyms and sports clubs
- ✓ hospitals
- ✓ media
- ✓ NHS
- ✓ services users' (patients' or clients') homes
- ✓ prisons
- ✓ private practices
- ✓ schools
- ✓ universities

Who do they work with?

Dietitians help everyone understand how food and nutrition affect health. This includes:

- ✓ healthy people
- ✓ people at risk of getting an illness or disease
- ✓ people who have a medical condition
- ✓ student dietitians
- ✓ other healthcare workers
- ✓ athletes and trainers
- ✓ people working in the food industry for example restaurants, caterers and manufacturers



“I help pro-athletes perform at their best”

Alex Neilan, Sports Dietitian

Watch my story



A dietitian is a specialist who gives people advice on food, health and nutrition.

What do dietitians do?

Dietitians study the science of food and nutrition and how this affects people's health. They use what they know to prevent disease, treat medical conditions and improve sport performance.

They do this by:

- ✓ working out food and fluid intake
- ✓ investigating nutritional needs
- ✓ creating care plans
- ✓ supporting patients who need extra help with feeding
- ✓ working with GPs, consultants and doctors
- ✓ teaching others about food, health and nutrition
- ✓ researching the effect of nutrition on health and disease

What is dietetics?

To become a dietitian, you will study a subject called 'dietetics'. You learn about food and nutrition and how this affects people's health. When you become a dietitian, you use this knowledge to help people stay healthy and manage health conditions.

Why become a dietitian?



Enjoyable

Dietitians love working with people and food.

Diverse

They love the diversity of their job because they get to work with all sorts of different people.

Flexible

More than 30 specialisms to choose from.


In demand

Dietitians play an important role in the nation's health. Lots of people needing to see a dietitian means lots of jobs!

Good pay

You could get paid up to £593.47 a week or £28,487 as a band 5 Dietitian working for the NHS. This could rise to £81,138 if you decide to progress your NHS career.

If you work outside the NHS you could earn the same or more than this. It will depend on what you do and your experience.



Financial support available

When you train as a dietitian, you could get your university fees paid or part-paid. You can also apply for funding towards other costs such as living, travel and childcare. This depends on where you live in the UK.

For more information visit bda.uk.com/funding

If all this sounds good then dietetics could be the career for you!



With thanks to all featured in this leaflet: Priya Tew, Freelance Media Dietitian, Naomi Hipson, Dietetic Student. Cover: top row (l-r) Rebecca Gasche, First Contact Dietitian, Ioanna Gourgouleti, Eating Disorders Dietitian, Christian Lee, Eating Disorders Consultant Dietitian. Cover: bottom row (l-r) Alex Neilan, Sports Dietitian, Nokhuthula Nyoni, NHS Acute Nutrition Support Dietitian and Susan Gallagher, First Contact Dietitian.



"I help share evidenced based nutrition information via the media"

Priya Tew, Freelance - Media Dietitian

Watch my story

