

Would I enjoy a career as a dietitian?

A CAREER AS A DIETITIAN

If you are interested in food, nutrition and health, enjoy communicating with people and have an interest in science – a career as a dietitian could be for you.

What do dietitians do?

Dietitians are experts in food and nutrition. Some examples:

- Assess people's nutritional needs
- Advise on nutrition and diet for general food health or for special needs such as sport or medical conditions
- Implement and manage nutrition health promotion and public health programs
- Develop marketing communications and nutrition programs and policies

What abilities do I need?

- Interest in food, nutrition and health
- Able to work with people
- A critical and curious mind
- Good organisational skills
- Good verbal and written communication
- An interest in food science

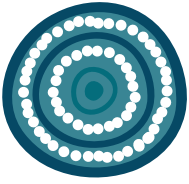
Career opportunities

Dietitians work in a diverse range of areas, including:

- Aboriginal and Torres Strait Islander health services
- Community Health Centre
- Nursing Homes
- Private Practice
- Health promotion and population health teams
- Hospital
- Food industry
- Research and education
- Sporting teams

What are the salaries?

In the public healthcare sector dietitian's salaries are similar to other allied health professionals, nurses and teachers. In other work areas dietitian's salaries reflect salaries for that industry (for example, food industry and corporate settings).



What courses are available?

To become a dietitian, you need to complete a tertiary-level course accredited by Dietitians Australia.

Courses vary depending on the university. Some examples of current courses include:

- A four-year undergraduate course with nutrition sciences building on biochemistry and physiology in early years.
- An 18 month to two year post-graduate course following a Bachelor of Science degree.

Courses cover food, nutrition, health and diet-related medical conditions.



For the full list of accredited dietetic courses at Australian universities.

How is a dietitian recognised?

To practise as a dietitian in Australia, you must become accredited by Dietitians Australia as an Accredited Practising Dietitian (APD).



- An APD is a university qualified professional that undertakes ongoing training and education to ensure that they are the most up-to-date and credible sources of nutrition information.
- Only those who graduate from an accredited Australian university dietetics program are eligible to join the APD program.

About Dietitians Australia

Dietitians Australia is the peak body for dietetic and nutrition professionals. As the leading voice of nutrition in Australia, Dietitians Australia represents more than 8,000 members. Dietitians Australia supports its members and works with all areas to improve the nutrition and health of Australians.

Find out more



Visit the Dietitians Australia website for everything you need to know about the organisation and becoming a dietitian.

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