

CAREERS IN FOOD, NUTRITION AND DIETETICS

Dr Susan McLeod
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ACKNOWLEDGEMENT OF COUNTRY

La Trobe University proudly acknowledges the Traditional Custodians of the lands our campuses are located on.

We recognise that Indigenous Australians have an ongoing connection to the land and the University values their unique contribution both to the University and the wider Australian society.

We are committed to providing opportunities for Indigenous Australians, both as individuals and communities through teaching and learning, research and community partnerships across all our campuses and online.

We pay our respects to Indigenous Elders, past, present and emerging and extend this respect to any Indigenous participants joining us today.



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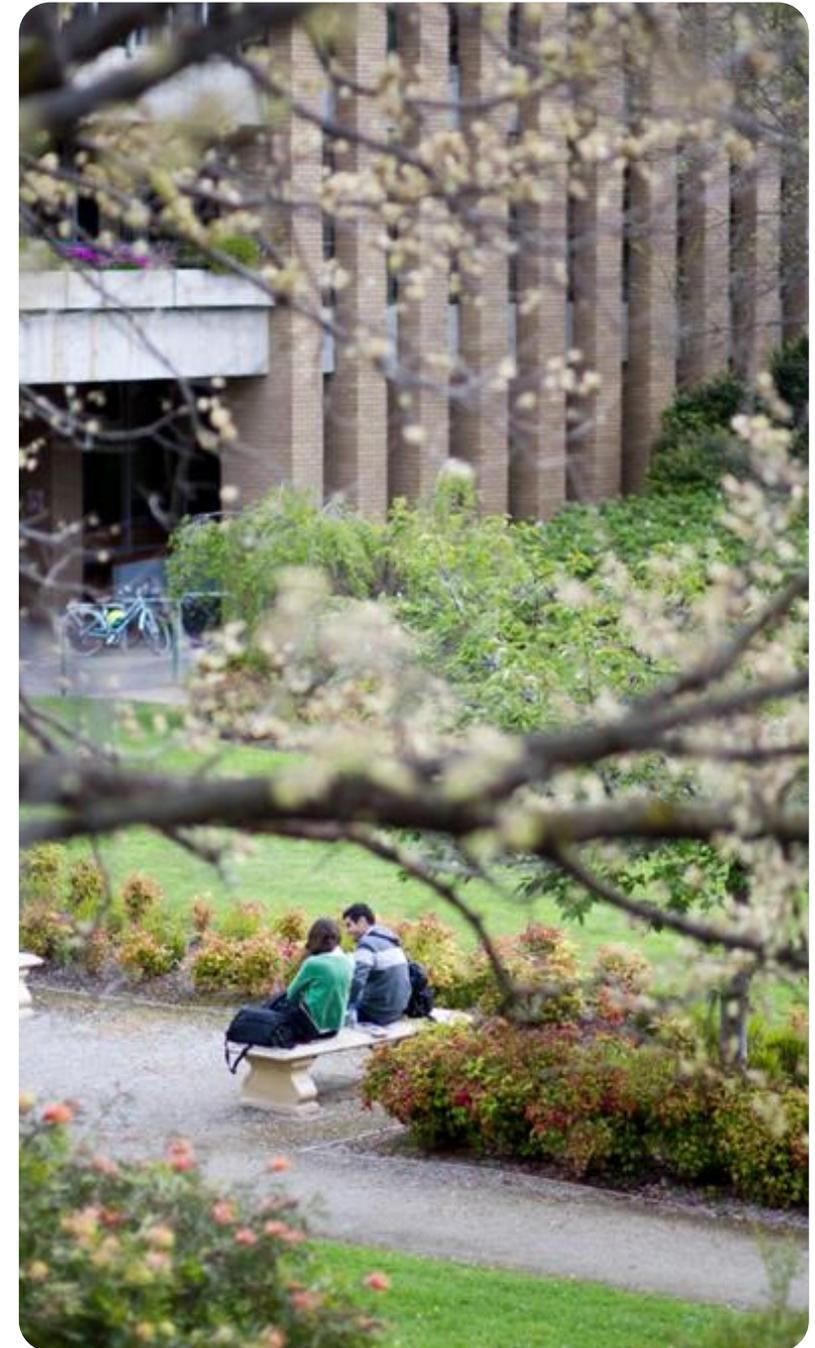
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EXPLORING FOOD SCIENCE & NUTRITION THROUGH ICE CREAM!

ROOM 307

DISCUSSION TIME

ROOM 307



WHAT IS A NUTRITIONIST?



NUTRITIONISTS

A nutritionist is a person who provides advice on matters relating to food and how it impacts on health.

Nutritionists can design, coordinate, implement and evaluate population health interventions that are designed to improve health and wellbeing through food and nutrition.

Nutritionists may also work in a variety of other occupations including research, as nutrition consultants in public health or in industry as nutrition communicators and food technologists.

NUTRITIONISTS...A DAY IN THE LIFE...

What Do Nutritionists Actually Do Day-to-Day?

- Analyse diets, food products, or population nutrition data
- Develop nutrition education resources and programs
- Work with food industry teams on product development or reformulation
- Support public health initiatives and community programs
- Review scientific evidence to inform policy, communication, or innovation
- Conduct research to generate new evidence that advances nutrition science, and/or improves understanding of diet–health relationships and inform evidence–based practice

Nutrition careers are not just about advising individuals, they include research, policy, food systems, education, media, and industry.

WHAT IS A DIETITIAN?



DIETITIANS

Dietitians can do anything that a nutritionist can do, however, a dietitian has additional training and supervised practical placements in medical nutrition therapy, public health and food service management.

Only dietitians can assess and advise individuals on diet for the treatment of diseases and prescribe individually tailored therapeutic diets.

DIETITIANS...A DAY IN THE LIFE...

What Do Dietitians Actually Do Day-to-Day?

- Assess nutritional status and dietary intake to diagnose and manage nutrition-related conditions
- Provide individualised medical nutrition therapy in clinical settings such as hospitals, outpatient clinics, and aged care
- Deliver nutrition counselling and behaviour change support in private practice and community settings
- Collaborate with multidisciplinary healthcare teams to support patient treatment and recovery
- Provide evidence-based dietary advice for chronic disease prevention and management
- Contribute to food service management, menu planning, and nutrition standards in healthcare and institutional settings
- Translate scientific evidence into clinical guidelines, education materials, and public health communication
- Conduct research and evaluation to improve clinical nutrition practice, health outcomes, and diet-related disease management

COURSE PATHWAYS



COURSES

BACHELOR OF FOOD AND NUTRITION

(MELBOURNE CAMPUS + ONLINE)

2.5–3 years

20 Eng or 25 Eng Additional Language

Bonus 4 points for >25 in maths, science or Languages other than English (max 12 points)

<https://handbook.latrobe.edu.au/courses/2026/HBFNBU>

<https://handbook.latrobe.edu.au/courses/2026/HBFN>

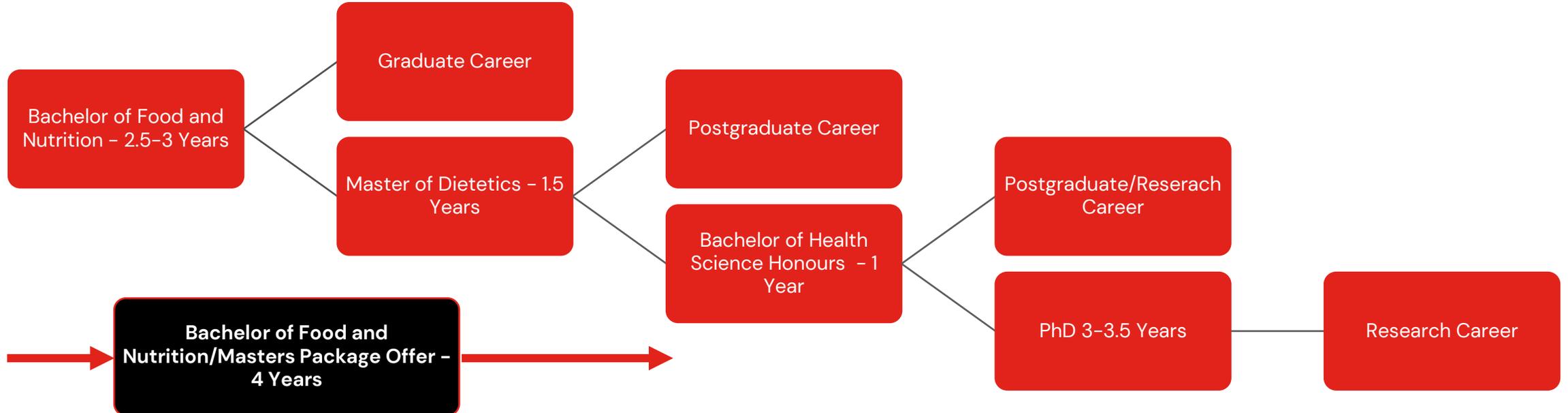
MASTER OF DIETETICS

- Minimum WAM 70 to be eligible
- Mid-year intake, applications open in April
- 1.5 years full-time (part-time not available).

<https://handbook.latrobe.edu.au/courses/2026/HMO16>

BACHELOR OF FOOD AND NUTRITION/MASTER OF DIETETICS (Course Package)

- Minimum 86 ATAR to be eligible (Master of Dietetics guaranteed, as long as a WAM of ≥ 70 is achieved for the Bachelor of Food and Nutrition)
- 4 years full-time (part-time available during undergrad/ not available during post-grad).
- Package VTAC Code ([2100313791](#)) (CSP) Melbourne (Bundoora) Campus



CAREERS IN FOOD, NUTRITION AND DIETETICS



CAREER PATHWAYS

Popular Nutrition and Dietetic Career Pathways

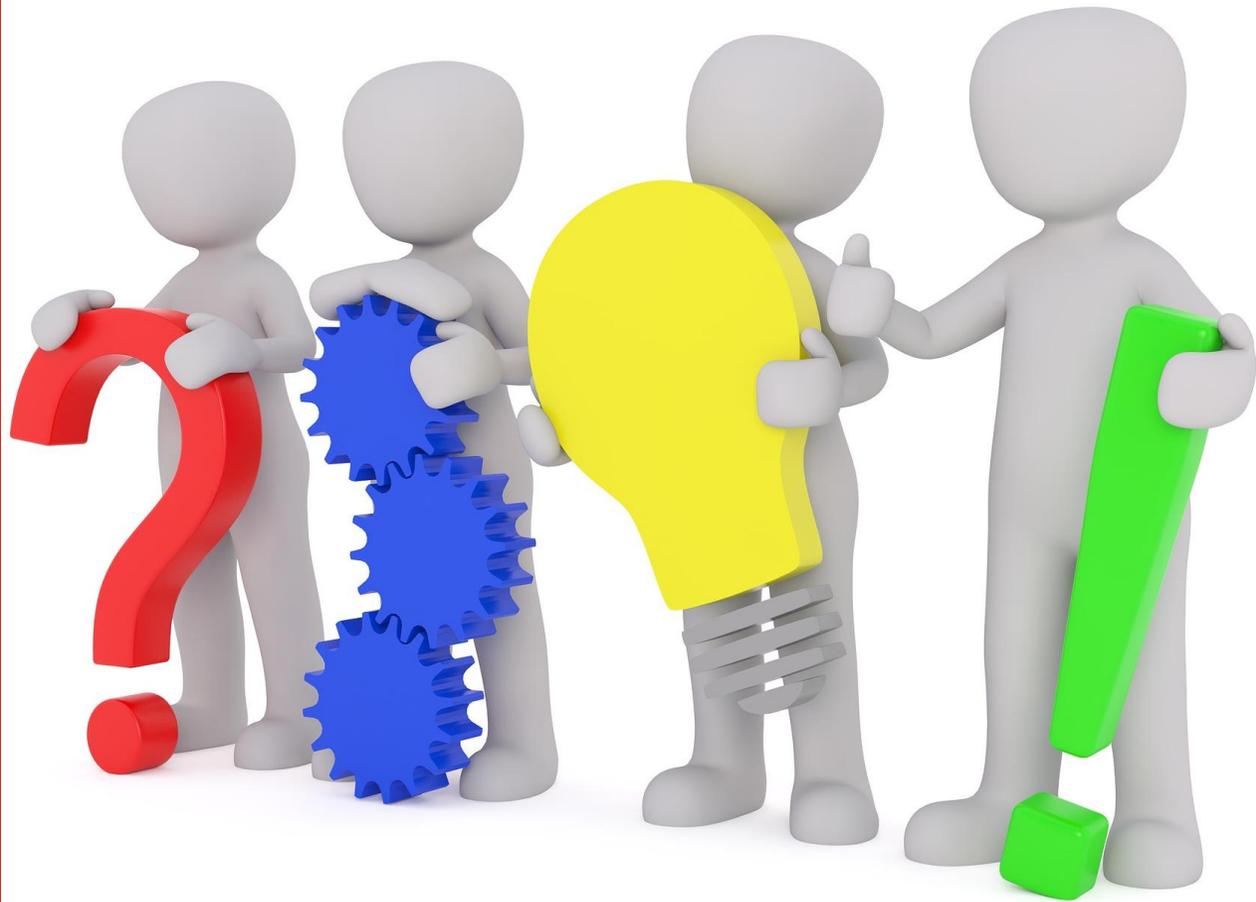
The potential career pathways for nutritionists and dietitians is extensive as they possess a range of specialised skills that can be applied across a diverse range of industries.

Nutritionists	Dietitians
Nutritionist	Hospital Dietitian
Food product innovation & R&D	Clinical Dietitian (acute care)
Health Program Developer	Community Dietitian
Nutrition and Health communications & media	Aged Care Dietitian
Nutrition/Health Policy Advisor	Renal Dietitian
Corporate wellness & workforce health	Oncology Dietitian
Corporate wellness & workforce health	Paediatric Dietitian
Nutrition Educator	Diabetes Educator / Diabetes Dietitian
Sports & performance nutrition support	Eating Disorder Dietitian
Nutrition Researcher	Gastrointestinal / Gut Health Dietitian
Sustainability & food systems roles	Private Practice Dietitian
Nutrition policy & advocacy	Public Health Dietitian
Nutrition entrepreneurship & consulting	Sports Dietitian (requires additional qualification)

NUTRITION Career pathways



QUESTIONS



THANK YOU