

Careers for Nutritionists in the Food Industry – Nutrition

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What does a Nutritionist do working in the food industry?

This will depend on the specific position, department and the type of business involved. There are a range of diverse roles for nutritionists which include:

- Formulating/reformulating foods to make them healthier
- Research: building scientific evidence to support nutrition claims for new products
- Quality assurance
- Advising food safety/toxicology/allergens
- Project management
- Nutrition labelling compliance with Food Standards Australia and New Zealand (FSANZ)
- Nutrition policy (writing, lobbying and implementation)
- Nutritional education
- Advising on consumer trends and addressing consumer enquiries
- Preparing nutritional marketing material for in-house use or for public use

Where does a nutritionist work in the food industry?

- Small, medium and large food businesses
- Multi-national organisations
- Own nutritional food business

What experience and qualifications do you need to work in the food industry as a nutritionist?

- Basic qualifications include Graduate Diploma of Nutrition or Bachelor of Science (Food and Nutrition). Advanced qualifications include Master of Human Nutrition; Master of Science; PhD.
- It is an advantage to join the Nutrition Society of Australia (NSA) and AIFST or special interest groups such as the AIFST Nutrition Group. It also helps if you register as a Nutritionist with the NSA.

What are the highlights of working in the food industry as a nutritionist?

- Launching products that are nutritionally improved or with added health benefit.
- Successful completion of clinical trials.
- Collaboration with researchers/food companies to create new innovative products.
- Being recognised for valuable contribution to successful innovation.

Advice for students who are interested in working in the food industry as a nutritionist?

- Obtain experience in the food industry before you graduate if possible.
- Send your resume to many people/companies. Apply for internships. Attend technical meetings to develop a good overview of the food industry.
- Find a mentor in the industry. They may be able to assist you find a job.
- Apply for all relevant jobs, not just the perfect dream job.