



# Career of the week

Becoming a Nutritionist

# What does a nutritionist do?

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Assess nutritional needs, diet restrictions, and current health plans to develop and implement dietary-care plans and provide nutritional counseling.



Evaluate laboratory tests in preparing nutrition recommendations.



Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life.



Advise patients and their families on nutritional principles, dietary plans, diet modifications, and food selection and preparation.

# How can I become a nutritionist?

- **FET PLC Courses**: Nutrition, Applied Science - Nutrition & Health, Dietetics, Nutrition & Food Science, at NFQ Levels 5-6
- **Apprenticeship**: Advanced healthcare Apprenticeships NFQ level 7-8
- **Higher Education CAO Entry**: Food Science & Nutrition, Health Wellbeing & Nutrition, Human Nutrition, Human Nutrition & Dietetics, Nutrition & Health Science, Public Health Nutrition, Food Science & Health NFQ Levels 6-8

# How do I get into this course?

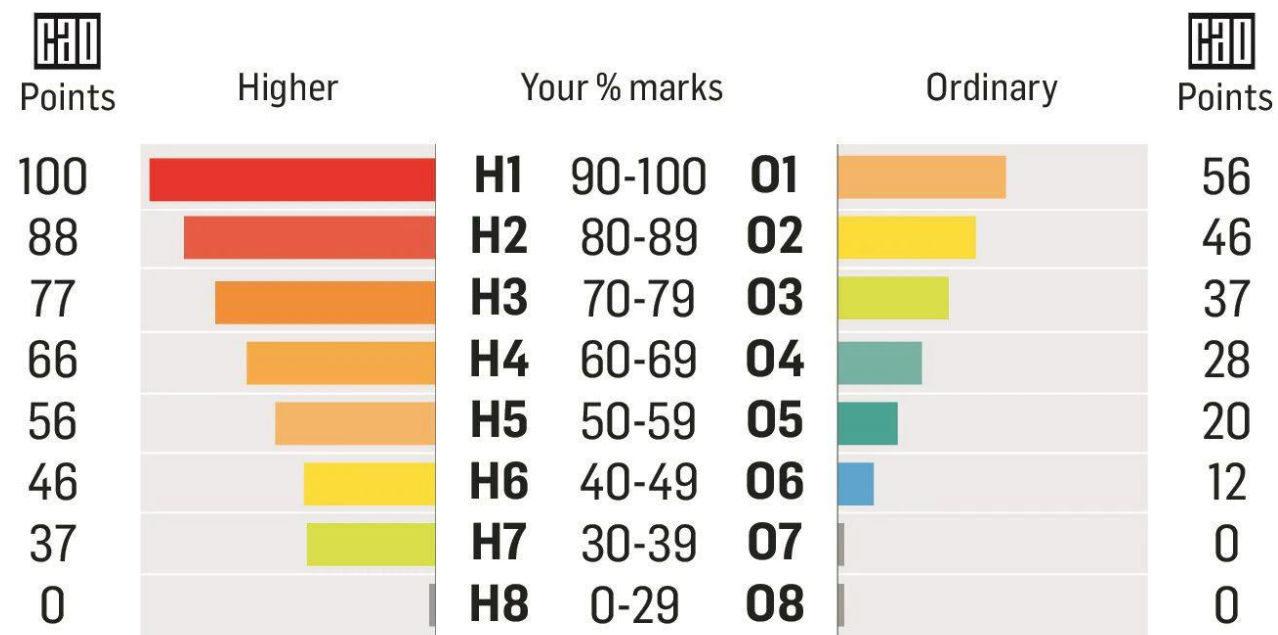
- Option 1: You can apply to the CAO after you complete your Leaving Cert. You will need a minimum of 2 H5 grade and 4 O6/H7

Of these grades, you will need

- O6/H7 in [English](#)
- O6/H7 in [Irish](#)
- O6/H7 in [Maths](#)

An interest in science would be advantageous

Not all nutrition courses require a science subject but Nutrition in TUD requires a H4 in Chemistry



**+25** Bonus points for H1-H6 maths

LCVP link modules

Distinction 66

Merit 46

Pass 28

# Where can I find more information

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Caeersportal.ie

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- Ask your teachers

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Qualifax.ie

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- Ask your guidance counsellors

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Classroomguidance.ie

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- Ask friends and family

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Eunicas.com

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Ucas.com

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Careersnews.ie