What Dietitians Do

Your first thought might be weight loss, and you would be right, but that’s not all. Obesity is only one of a great many nutrition-related conditions that dietitians can treat. Nutrition is one of the cornerstones of good health for all and being nutrition experts allows dietitians (who are qualified healthcare professionals) to work in many different fields to assess, diagnose and treat dietary and nutritional problems using evidence-based recommendations.

Private Practicing Dietitians
Consult with clients that need advice on nutrition therapy to manage various chronic illnesses & disease.

Clinical Dietitians
Work in a hospital setting (public or private) consulting in- and outpatients, assessing and individualising medical nutrition therapy as an integral part of the patient care team.

Foodservice Management Dietitians
Manage the provision of healthy and specialised diets to persons in institutions.

Community Dietitians
Work in the public sector and for non-governmental, community-based and non-profit organisations.

Consulting Dietitians
Consult to food, nutrition, healthcare and pharmaceutical industries.

Research/Academic Dietitians
Conducting research studies in various nutrition-related topics. Research conducted in the field of nutrition is important as it provides various stakeholders with evidence that can inform current practices.

It’s all about nutrition! To find a qualified and registered dietitian, visit www.adsa.org.za and click on ‘Find a Dietitian’.