

What is a Registered Nutritionist?

A [Registered Nutritionist](#) is a trusted authority on nutrition who will provide nutrition advice to the public informed by scientific evidence. Registered Nutritionists must have a relevant approved tertiary qualification comprising a Bachelor degree or higher, at least three years' work experience (two years if they hold a post-graduate qualification), a high standard of professional conduct and a commitment to continued professional development. Registered Nutritionists must comply with a [Code of Ethics](#) and those working in private practice are required to receive [ongoing supervision](#) by an experienced Registered Nutritionist or Registered Dietitian.

What is an Associate Registered Nutritionist?

An [Associate Registered Nutritionist](#) has a Bachelor degree or postgraduate qualification in human nutrition and at least one year of work experience in the nutrition field, and are under the guidance of a professional mentor approved by the Nutrition Society of New Zealand.

What does a Registered Nutritionist do?

A Registered Nutritionist works within the regulations of the Nutrition Society of New Zealand under one or more defined scopes of practice. If services are required outside their area of expertise, the Registered Nutritionist will refer the client to other appropriately qualified professionals. Registered Nutritionists aim to improve and maintain the health and wellbeing of individuals, communities and the population as a whole, through better foods, diets and nutrition.

Are there any ongoing requirements that a Registered Nutritionist must meet?

A Registered Nutritionist must undertake [continuing education and professional development](#) as a nutritionist, and meet specific requirements for work and supervision to renew their Registration every three years.

Is a Registered Nutritionist bound to a code of Professional Standards?

A Registered Nutritionist adheres to the [Nutrition Society of New Zealand Code of Professional Standards](#).

Where does a Registered Nutritionist work?

A Registered Nutritionist may work in a variety of settings including Government, community, public health, sport and recreation, education and research, food industry, health sector and private practice.

How do I find a Registered Nutritionist in my area?

A directory of Registered Nutritionists is available on the Nutrition Society of New Zealand [website](#).

How does a Registered Nutritionist stay up to date with the latest nutrition trends?

Nutrition science is always evolving. A Registered Nutritionist is required to keep up to date with new nutrition science as part of their continuing education and registration requirements.

What type of advice can a Registered Nutritionist provide?

A Registered Nutritionist working in private practice can provide individualised and tailored guidance on your eating patterns that suits your lifestyle.

What is the difference between a Nutritionist, a Registered Nutritionist and a Dietitian?

A Nutritionist has usually completed a degree in Human Nutrition or related Science, has relevant tertiary training, and experience in the field of nutrition. However, not all Nutritionists meet this criteria which is why it is important to seek the advice of a Registered or Associate Registered Nutritionist.

A Registered Nutritionist must hold a degree or academic qualification from a university or other recognised national institution of education. In addition to their basic academic qualification, they must have 2-3 years of professional experience in the field of nutrition. The selection process is overseen by the Nutrition Registration Panel which is an expert group of Nutrition Society members representing academia, industry, government and private practice. Registered Nutritionists can work in a diverse range of settings. Registered Nutritionists work within their specific fields of expertise (as determined by the Nutrition Registration Panel), adhere to The Royal Society of New Zealand Code of Professional Standards and Ethics and must participate in a Continuing Education Competency Programme.

The title of Registered Nutritionist can only be used by those who meet the standards determined by The Nutrition Society of New Zealand.

A Dietitian is a registered health professional who meets standards of professionalism required by the New Zealand Dietitians Board under the Health Practitioners Competence Assurance Act, who has an accredited undergraduate science degree in human nutrition, and a post-graduate qualification in Dietetics. Dietitians are trained in the science of nutrition and diet therapy, and qualified to work in areas that require nutritional assessment and counselling.

Dietitian or Registered Nutritionist may work in a variety of settings ranging from Government, community, public health, sports, research & education and the food industry. Dietitians may also work in hospitals.