

# Becoming a Registered Nutritionist

## EXPLANATORY NOTES



### RULES

The following rules outline the requirements you must meet.

The requirement for admission as a Registered Nutritionist shall be either via route A or route B:

**A** *the applicant must possess a degree from a university specific to animal, plant or human nutrition (the focus of the degree **must** be nutrition)*

**AND EITHER**

*an additional three years' professional experience relevant to the practice of nutrition in New Zealand*

**OR**

*completion of a post graduate qualification relevant to animal, plant or human nutrition and an additional two years' professional experience relevant to the practice of nutrition in New Zealand*

**B** *a degree from a university relevant to animal, plant or human nutrition (the degree may not necessarily include nutrition-specific papers)*

**AND**

*completion of a post-graduate qualification specific to animal, plant or human nutrition (the focus of the qualification **must** be nutrition) and an additional two years' professional experience relevant to the practice of nutrition in New Zealand*

The minimum requirement for postgraduate study is a postgraduate diploma, but eligibility is at the discretion of the Registration Panel. Judgment of what is considered *specific to nutrition or relevant to nutrition* is also at the discretion of the Registration Panel.

### In Addition

for applicants with overseas qualifications and/or professional work experience, the onus of proof of equivalence and relevance to the practice of nutrition in New Zealand rests with the applicant.

Candidates must be:

- a New Zealand citizen or,
- a permanent resident of New Zealand or,

- a holder of a New Zealand temporary work permit and
- **a current paid up member of the New Zealand Nutrition Society**

#### **USEFUL DOCUMENTS**

- Application form to become a Registered Nutritionist
- Permission slip for details on the Nutrition Society website
- Referees format sheet
- Code of ethics
- Guidelines on continuing competency
- Continuing competency record sheets

***We strongly advise that you contact the Registrar to clarify your eligibility before proceeding with the application.***

Once you have done this, please complete the application form for registration and email it to the Registrar with the necessary attachments.

Applications for registration close twice yearly on 28 February and 31 July (see note 4 below). An initial application fee of \$165 must accompany your application. Of this \$75 is the annual registration fee for which you will subsequently be billed yearly. The remaining \$90 is for the processing of your application and is non-refundable. If your application is unsuccessful we will refund the \$75.

All information collected on the application form is confidential to the registration panel. The information on your application form will remain on a database with the Registrar. The attached permission slip that asks for the details you agree to release is all that will be made publicly available.

It is self evident that there are many fields of practice in the nutritional sciences and the panel trusts that your professionalism will assure that you will practice only in your recognized field of expertise.

The Registration panel advises that those applying to be registered in 'practice' should be regularly supervised by a Registered Nutritionist or Dietitian. It is preferable that your supervisor is not your boss.

#### **CONTINUING COMPETENCY REQUIREMENTS**

All members of the Society who obtain admission as Registered Nutritionists shall on each 3<sup>rd</sup> anniversary of their admission, submit their completed application re-registration form before the Nutrition Registration Panel to remain as Registered Nutritionists. The application form will include the following information:

- qualifications and employment during the previous three years
- details of continuing competency
- the names of referees

## **FIELDS OF EXPERTISE**

A Registered Nutritionist will be registered in their field of expertise as determined by the Registration Panel and will currently be working in their area of expertise.

### ***Scientific research - academic***

Generally working in academia or a scientific institute, regularly publishing peer-reviewed research.

For example, Scientist at Plant and Food Research, scientist at a university.

### ***Scientific research – industrial***

Generally working in a scientific institute or food-related company, regularly publishing peer-reviewed research.

For example, Scientist at Fonterra.

### ***Practice***

Working with individuals or small groups offering nutrition advice. Mentored or undertaking professional supervision with a Registered Nutritionist or Dietitian

For example, medical practice, sports organization, primary health organisation, Maori or Pacific health provider.

### ***Public health***

Working in health promotion, policy, advocacy, resource development, nutrition communication, community education.

For example, Health Promotion Agency, Heart Foundation, Public Health Unit

### ***Education***

Working in an educational institute, planning courses, delivering lectures/seminars/classes, assessment of work. For example, university, institute of technology, school.

### ***Industry***

Provide advice to industry clients, technical and nutrition information, marketing.

For example, Fonterra, Beef and Lamb, Nestle, Wyeth, infant feeding.

### ***Food-service***

Working in a food-service setting providing nutrition expertise for menu planning, recipe development etc.

For example, Hospital food-service, catering company.

### ***Nutrition Communication***

Nutrition and health journalism and media work, marketing, public relations, food-writing, and other communication of nutrition-related messages. For example, Food-writer, food industry board, public relations company

**Registrar - [registration@nutrition society.ac.nz](mailto:registration@nutrition society.ac.nz)**