

## Nutritionist

Pay scale: £20K to £55k

### FUN FACTS

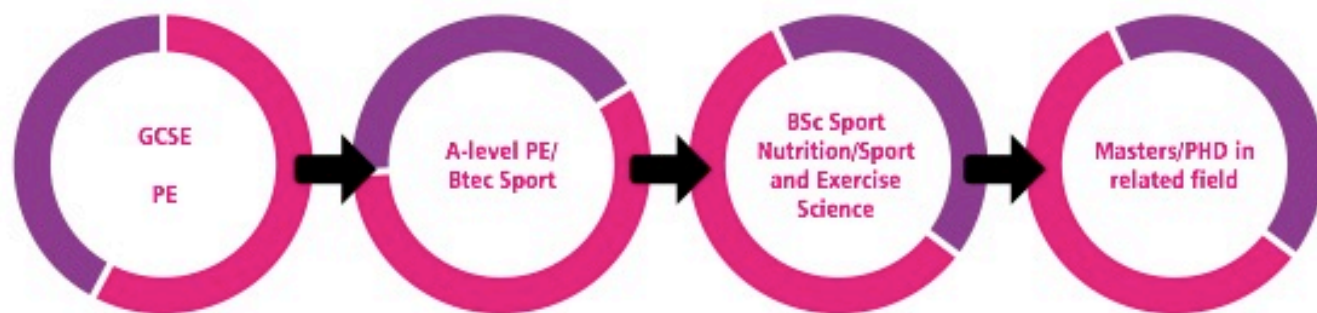
- UFC fighter Connor McGregor pays for his nutritionist to travel with him wherever he is fighting and pays for his accommodation and his wage, the nutritionists job is to organise Connors eating in terms of timing and content of meals.

Can be working with a wide range of individuals from elite athletes to the general public or those with eating disorders. With the public it could be as simple as providing basic nutrition advice to the public or working with those with eating disorders to help them overcome them and develop healthy eating habits.

Being a nutritionist is great if you like to work in lots of different environments and with different people as it is very rare for you to work with just one person or one team. Most Nutritionists work with multiple teams or multiple people each week. You have to know your stuff too, as you have to be re-accredited every 5 years to make sure you are up to date with your knowledge!



### What to do to get into this career...



### Top Tips

- Be passionate and imaginative with food, athletes will get bored of eating the same thing day in day out.
- Be knowledgeable, you need to be able to tell the athlete why they are eating what they are. They don't want to do anything that doesn't have any benefit to them.

### Other Related Careers:

- **Sport Scientist**
- **Personal Trainer**



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