

FIND *your* FUTURE**Job title:** Assistant Nutritionist**Current employer:** Clasado Ltd.**Sector:** Research / Supplements**Tell us about your current role and organisation.**

I am the Assistant Nutritionist for Clasado Ltd and report back to the Nutrition and Regulation manager. Clasado develop and manufacture Bimuno, a dietary fibre supplement, therefore my role is to raise awareness of the gut microbiome and Bimuno. My role includes visiting universities, educating dieticians around the specialist area of gut health and the gut microbiome as well as working with sports nutritionists and athletes to increase their awareness. The role is varied and includes a lot of communication with internal staff members and external healthcare professionals.

**What sort of person would this role suit? (i.e. personal skills, qualities and values)**

Communication skills are important as a Nutritionist, whether you are in a commercial or clinical role. Building relationships and trust with clients is a key part of the role, therefore interpersonal skills are integral. Ultimately, holding value in improving individual's and the population's health will give you the passion to succeed in this role.

What does a normal working day look like for you?

A normal day varies depending on upcoming events. As nutritionists we attend conferences and exhibitions to represent the company, as well as to answer any health or nutrition related questions about the product. Other days we may be giving training to in-store staff, visiting universities or in the office meeting with marketing or planning future lectures to give at universities or to dieticians.

How did you get to where you are now?

It is an entry level role. I am doing a lot of on the job training and learning a lot. I completed BSc Sport and Exercise Sciences at the University of Gloucestershire, followed by MSc Applied Human Nutrition at Oxford Brookes University. On my undergraduate course I completed a Sports Nutrition placement and supported my lecturers with their consultancy work. This gave me valuable experience working with clients in consultations and in the laboratory. While completing my nutrition course I took part in studies and conducted my own nutrition research project with peers from my course. The variety of skills gained in a research project are invaluable to science roles. I had part time jobs as a gym instructor and personal trainer while studying which gave me experience working with people, giving consultations and I gave nutrition workshops for the gym members which helped me to gain confidence in delivering presentations.

How would you go about getting experience (*placements, work experience, internship*) in the industry you work in?

Take every opportunity you get for work experience while at university, you never know what connections you will make. When you leave university, stay in contact with your lecturers. There may be work experience opportunities within their research projects. In nutrition, experience with food and communication is important, find opportunities that give you insight into any part of the supply chain, in the laboratory or consultations. There are a lot of cross overs within the industry and not all opportunities will be labelled 'nutritionist'!

What are the biggest challenges you face in your work?

Differentiation when communicating to consumers compared to healthcare professionals. In nutrition and health sciences there is a lot of regulation. To try to communicate the benefits of a product and adapt the way you explain the science behind the product can be very difficult with the regulatory element.

What's the progression like/where do you see yourself going from here?

There are so many pathways, one of the benefits of being a nutritionist! Working within the commercial side of nutrition is interesting as your work can cross over into other aspects of the company. At some point I would like to work in public health but there are opportunities for progression in the commercial research sector because there is a range of sizes of nutrition departments depending on the company.

What top tips would you pass on to students interested in this type of work? (*i.e. any particular skills, knowledge, experiences, volunteering, extracurricular activities*)

Create opportunities whenever you can to practise the skills required for the future job you want. Whether that be presenting, consultations or health writing to communicate recent scientific findings.