

Celebrating

Dietitians
Week 1-5 June 2026

Dietetics
More than
just a job.

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WEDNESDAY

OUR
CELEBRATION



Dietitians Week

1-5 June 2026

If you could tell a student one thing about this career, what would it be?

“The constant learning continues after you complete your course as dietetic practice is constantly evolving! Learn by using the experience and knowledge your future team has, symposiums, study days and other Healthcare professionals outside dietetics. Don't ever be afraid to ask questions!”

“I would encourage students to never be afraid to ask questions - sometimes if you are unsure the best way to start is by finding out and start to gather some information”



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Dietitians Week 1-5 June 2026

What does a 'good day' look like in your role?

“Seeing a child who had multiple food allergies in infancy be able to eat the slice of pizza they wanted as they have been supported to outgrow their allergy.”

“Knowing patients, families or colleagues have appreciated your input”



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Dietitians Week 1-5 June 2026

What keeps me coming back on the tough days?

“The patients! Knowing the positive impact we can have and support we are able to provide for patients and their families when they are going through the hardest of times is by far the most rewarding part of the job for me.”

“The children and knowing families value our help and support”



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What keeps me coming back on the tough days?

“I think reflection is really important. It's easy to get overwhelmed by the tough moments and forget the overwhelming good that we as dietitians, but also all healthcare professionals, can do for children and their families. I feel privileged to be even a small part of helping people through what can be the hardest moments in their lives.”

“I come back into work after tough days as I enjoy working with such an experienced, capable team who always work together to help each other especially when someone has been extra busy or had a tougher day.”

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Dietitians Week 1-5 June 2026

What made you choose paediatric dietetics?

“During my placement as a student at Royal Manchester Children’s Hospital, I realised how rewarding it was to support children through their recovery and make a positive difference to both them and their families through nutrition. That experience confirmed my passion for paediatric dietetics and inspired me to pursue it as my career.”

“I love working with children and their families to support and educate them on nutrition, to ensure they grow and thrive!”



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Dietitians **Week** 1-5 June 2026

What's one moment that reminded you this is more than 'just a job'?

“Not a moment but a rightful privilege! We empower the next generation to make sound food choices - maintaining a healthy relationship with every food available, especially in this social media-forward world.”

“We have such a close relationship with families and can be in contact on a very frequent basis. It is so rewarding when we are able to offer advice that they say is helpful. So nice to feel we are making a difference.”



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Dietitians Week 1-5 June 2026

What's your top skill that the job relies on?

“As dietitians within the CEW service, a holistic approach enables us to navigate multiple influencing factors for achieving weight management. This often involves addressing wider social and family challenges to achieve meaningful, sustainable outcomes.”

“Often, reassurance”



Dietitians Week 1-5 June 2026

What's something you do that most people wouldn't realise is dietetics?

“We as dietitians, do not discuss dietetics! SHOCKER! We do not always focus on food. We understand what our patients need and ensure they get the best support from their surroundings. We might focus on their activity routine and sleep cycle rather than being worried about that '1 snack'. We are privileged to educate our future generation, as Paediatric Dietitians, on food practices that can influence their mood and lifestyle. We are always mindful to acknowledge how past and current experiences could influence food choices and we help support them instead of "correcting" or "changing" them.”



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What's something you do that most people wouldn't realise is dietetics?

“Getting babies and children to gain weight, people think we're all about weight management”

“Our role is varied and we provide advice but also spend a lot of time sorting out prescriptions and contacting GPs and home delivery companies to ensure that families have a supply of the items they need.”



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Good dietetic care means...

“Good dietetic care means using nutrition as a powerful clinical intervention—drawing on science, expertise and experience to improve outcomes, quality of life, and even alter the course of disease for children and young people.”

“For me paediatric clinical dietetics isn't about achieving the 'perfect diet', it's about working with children and their families to make small, practical changes that can improve outcomes important to them / their clinical care.”



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What difference does dietetics make for children/families we support?

“Dietetics makes a fundamental difference to the outcomes and quality of life of the children and families we support. We use food and nutrition as evidence-based clinical interventions—not just as supportive care, but as a treatment that can alter the course of disease.

Through specialist knowledge, clinical reasoning and application of science, dietitians design and deliver interventions that improve growth, optimise medical treatment, reduce complications, and enable children to live as well as possible with their condition.

Whether that’s using ketogenic therapy to manage epilepsy, nutrition support to stabilise complex conditions, or early dietary intervention to prevent deterioration, dietitians are applying highly skilled, dietetic-led care that has a direct and meaningful impact on patient outcomes.

At its core, dietetics is about translating science into real-world care—supporting families through complex decisions and ensuring that nutrition works as a powerful and effective part of treatment.”



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Name one thing you are proud of in the last month

“In the last month I am most proud of how I managed a complex safeguarding case effectively and efficiently which occurred outside of usual working hours. Being relatively new into the role it was good experience to gain understanding of the procedures to follow in such situations. On reflection, it has given me the reassurance of the steps that were taken and further confidence of how to proceed again should I be presented with a safeguarding query in the future”



Dietitians **W**eek 1-5 June 2026

What's a common myth about dietitians?

We don't eat cake, biscuits, crisps, chocolate etc - have you seen the snack shelf in the dietitian office?



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What's one thing our team should celebrate about itself?

“Our communication and teamwork, we catch up with each other daily and check in throughout the day, re caseloads, patients, how they are and helping each other out”

“I'm so proud of the care my team provides to our patients, and I feel privileged to witness the impact a change in diet can have on my patients, and their families, lives - it continues to amaze me every day.”

“We work very hard!”



Dietitians **Week** 1-5 June 2026

What's one change you've seen when nutrition is addressed early?

“You can improve the relationship with food and eating, in a clinical setting when children have so many medical problems, the basics around food are often forgotten and support for parents and families with this can have a huge impact later on in their lives”

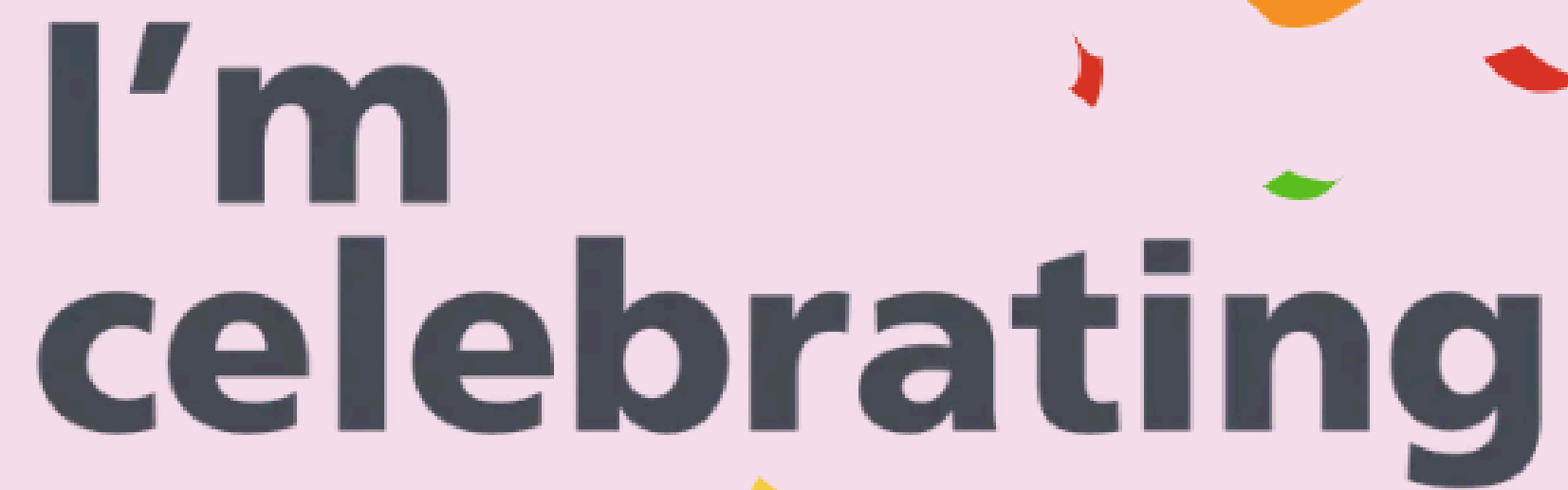
“Improved growth - especially height gain”



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