

PROFESSIONAL PROFILE OF NUTRITIONISTS IN THE FOOD INDUSTRY

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Introduction: The nutrition we know today is not the same as when it first appeared. The profession was born from an interwar period, where it was observed that adequate nutrition correlated with the performance of soldiers during battles. The food industry, on the other hand, emerged after the second industrial revolution, at the beginning of the 20th century, and in this scenario, the AUP (ultra-processed foods) emerged, which are characterized by durability, ultra-palatability, convenience and profitability. In view of this, the performance of the nutritionist is of paramount importance and necessity within the industries, as the culture of the AUP follows the evolution of society and is not expected to cease. There is a gap in relation to the presence of nutritionists working in the industry, and this phenomenon can be explained by the lack of knowledge and information about possible areas of activity in the area. **Goal:** The present study aims to identify the professional profile of nutritionists who work in the food industry. **Methodology:** Cross-sectional study, carried out between August and October 2019. As a criterion for inclusion in the research, nutrition graduates and interns who work in the food industry were selected and a questionnaire was applied, consisting of multiple and essay questions. The data obtained were tabulated, analyzed and presented in graphs, using the software: Microsoft Office Excel®. **Results and discussion:** Sixteen responses were obtained from nutritionists working in the food industry, and 100% of the sample is female, with a predominance of the age group from 20 to 30. In addition, 68.8% of the nutritionists studied at private universities, presenting between 11 and 20 years of training. Given what is present in the literature, the data found reveal very similar aspects, reinforcing the existence of a characteristic and very relevant performance profile. The three skills/characteristics deemed crucial by the participants were ranked in

sequence: knowing how to cooperate and work in a team, having the constant desire to evolve and learn, and being proactive in all areas. Finally, the omission of health professionals in the referred area could also be verified, which opens gaps for the occupation of other professionals. **Conclusion:** It can be concluded that there is a specific profile expected of the nutritionist working in the industry, which is what differentiates him from other professionals, being important and necessary to the demands of this area. In addition, the importance of nutrition within the industry must be emphasized, especially during graduation, so that more and more space is occupied by nutritionists.

Keywords: nutritionist profile, industry, professional performance.

INTRODUCTION

NUTRITION COURSE HISTORY

The nutritionist is a professional with generalist, humanist and critical training, able to work with a view to food safety and dietary care, in all areas of knowledge in which food and nutrition are fundamental for the promotion, maintenance and recovery of health, in addition to the prevention of diseases in individuals or population groups, contributing to the improvement of the quality of life, based on ethical principles, with reflections on the economic, political and sociocultural reality (REGIONAL COUNCIL OF NUTRITIONISTS, 2019).

Nutrition actually emerged in an interwar period. At a time when winning battles was the main focus of many nations, it was observed and found that good nutrition was correlated with the performance of soldiers during battles, and with their consequent victory. In Latin America, the beginning of the establishment of the profession took place with Pedro Escudero, creator of the National

Institute of Nutrition in 1926, of the National School of Dieticians in 1933, and of the course for “dietologists” doctors at “Universidad de Buenos Aires” (TOLOZA, 2003).

In Brazil, the first universities/faculties to address issues related to nutrition were those of medicine in Rio de Janeiro and Bahia. Later, in 1932, by the authorship of Josué de Castro, an important figure and contributor to nutrition, mainly in the area of public health, for mapping the issue of world hunger, and being recognized internationally for his numerous achievements – he was responsible for authoring books such as “The Geography of Hunger”, “Geopolitics of Hunger” and an impactful research: “The Living Conditions of the Working Classes in Recife”, later transformed into the first dietary-nutritional survey in Brazil – more studies on nutrition appeared in the country, (REZENDE, 2004, p.134).

Since then, the profession has constantly grown and developed, in addition to the fact that more and more areas have emerged and more professionals have been trained, demonstrating that there is a demand and a need for them to work in the labor market, for the benefit of society as a whole (CRISTOFOLLI; BONATO, 2017).

However, according to Cristofolli and Bonato (2017), the nutritionist’s areas of activity and the exact role that these professionals play are still unknown - for a large portion of the population.

EVOLUTION AND CURRICULUM PROFILE OF THE NUTRITION COURSE IN BRAZIL

According to the “Associação Brasileira de Nutricionistas” (ABN, 1991), since its inception until the 1960s, nutritionist/dietician courses lasted up to one year. However, this scenario changed after the 1st Brazilian Congress of Nutrition, which felt the

need to extend the course period, changing it to a minimum period of 3 years.

According to Vasconcelos (2002), other changes occurred, in addition to modifying the duration of the course, such as the standardization of its curricular content, so that universities and colleges had a standard to comply with, aiming at the multipurpose training of nutrition professionals in the established areas at the time (the 60’s), such as: public health, hospital field, education and teaching. However, it was only in 1966 that the general areas of teaching in nutrition were defined, after the 1st Conference on Academic Training of Nutritionists/Dieticians in Latin America. 5 general areas were instituted: basic sciences, social and economic sciences, pedagogical sciences, public health sciences and food and nutrition sciences.

In 1972, in Brazil, after the 1st Brazilian Meeting on the Training of Nutritionists, there was the emergence of a greater concern with the training of nutritionists, as it was sought to meet the reality of the Brazilian population, which was changing so constant and at an accelerated pace - due to factors such as technical and scientific development - thus expanding basic knowledge to be mastered by the nutrition professional. In 1974, there was a specification of some mandatory subjects for the course, which have repercussions to the present day in undergraduate curricula, such as Food Technology, Pathology, Bromatology, Administration of Food Services, Public Health Sciences, among others (VASCONCELOS,2002).

CURRICULUM PROFILE OF THE CURRENT NUTRITION COURSE AND ITS AREAS OF ACTIVITY

In the 1940s, nutrition advanced from two well-known basic areas – clinical nutrition, in which there was dietary guidance and prescription, and institutional nutrition, in which health care was provided and the administration of food services – to four major areas, composed of by some subdivisions – collective or production food, clinical nutrition, public health nutrition and teaching. For a long time, the nutritionist was limited to these 4 areas of action, however, in recent decades, there has been an aggressive expansion in this aspect, allowing the nutritionist to obtain a more extensive range of choices, with regard to his professional performance (TOLOZA, 2003).

According to the Federal Council of Nutritionists (CFN, 2018), in Brazil, for example, among the areas of activity that are being occupied by nutritionists, or that will still be, it can be mentioned: food technology, consulting, marketing, advisory, hospitality, gastronomy, home care, personal diet, nutrition in aesthetics, biomolecular nutrition, sports nutrition, nutrition for special purposes and the third sector (Non-Governmental Organizations – “NGOs”, among others).

Another very relevant area of activity is the industrial sector, which has been increasingly sought by professionals in the area. Among the attributions of a nutritionist inserted in the industry, the following stand out: customer service, product development, marketing, management and quality control and hygiene. Thus, it is observed that one of the biggest challenges that the nutrition professional faces is to develop skills and potentials that are not exercised and developed during graduation. For this, an internal change is necessary, constant investment in specialization and the

proactivity of improving, by oneself, intrinsic characteristics and knowledge required by the industry, for any professionals inserted in it (TOLOZA, 2003).

NUTRITIONIST’S ROLE IN INDUSTRY

The food industry emerged after the second industrial revolution and was consolidated at the beginning of the 20th century, with the evolution of processes and production stages. The prevailing needs of the time basically boiled down to: practicality and speed in the way of eating.

Such demands arose from the migration of women to the labor market, with a consequent decrease in their time inside their homes, resulting in the secondary role of domestic work (among many, we can mention: selecting and preparing the food consumed by the family), previously common to this group (PEREIRA; NASCIMENTO; BANDONI, 2016).

As it was seen in the study by Pereira, Nascimento and Bandoni (2016), in the face of such a scenario, ultra-processed foods (UPA) emerge, the result of a technology that only the industry could offer, and in addition, such products, in general, become characterized by the following variables: durable, convenient, ultra-palatable and extremely cost-effective. The phenomenon of globalization and large-scale industrial production made it possible for ultra-processed foods to be marketed on a worldwide scale, modifying behaviors and creating new standard/food needs, such as changes in taste and taste, individualization of eating rituals and increased preference for practical foods. and quick to consume.

The high consumption of these products, induced by the low cost (made possible by large-scale production and other factors) and by excessive advertising – several times, propagated aggressively – resulted

in a noticeable increase in obesity and chronic diseases in the population, changing some panoramas of nutrition, such as the epidemiological transition that took place in public health: the concern that existed in relation to malnutrition transgressed to another, correlated, mainly, to obesity and its possible consequences. Faced with this reality, the performance of the nutrition professional is extremely important and necessary within the industries, as the culture of the AUP does not have a forecast to end, since, in a way, it follows the evolution of the social molds present today - which increasingly demand more practicality, speed and technology inserted in consumer products (PEREIRA; NASCIMENTO; BANDONI, 2016).

This way, it is up to the nutritionist to accept this culture, which is a current reality, and to understand that, in a way, their role is crucial for it to improve more and more, in relation to the composition and quality of what is offered, as there are various roles in the industry that allow you to create, suggest and make appropriate improvements to AUPs. In addition to these, there are other aspects within the industry, waiting for the occupation of nutritionists - and due to the lack of competent professionals, who present the adequate and required profile for the positions, professionals from different areas assume them, leaving a huge gap between nutrition professionals and their role/responsibility in the industrial area (VIANA, 1995).

This phenomenon, the shortage of nutritionists in the food industry, can be explained by the fact that there is – still – fear on the part of nutritionists to join the industry, considering it an obstacle to healthy and adequate food. However, this misconception is rooted – in most cases – in the lack of knowledge and information about the different possible areas of action present

in this area (SCAGLIUSI; MACHADO; TORRES, 2005).

In short, it appears that when one obtains the correct knowledge of the exact attributions of a health professional within the food industry, more specifically, the nutritionist, it is understood that their functions do not follow a direction contrary to the learning received in graduation, and later specializations, for example. On the contrary, its performance in the industry has, as one of its main objectives, the creation and improvement of food products, consumer service (resolving any doubts related to them), the vehicle of reliable and transparent information to the consumer (via nutritional label), among others. All these attributions are aimed at public health, as they help and guide lay individuals who seek to know exactly what they are consuming. It is necessary to bear in mind that such functions will never cease to exist - with or without the nutrition professional performing their role - as previously stated: of paramount importance (SCAGLIUSI; MACHADO; TORRES, 2005).

ATTRIBUTIONS AND CHARACTERISTICS OF THE NUTRITIONIST IN THE FOOD INDUSTRY

According to the CFN (2018) and the resolution enacted on February 25 of the same year, the fifth area (area V) of nutrition, called “Nutrition Area in the Production Chain, Industry and Food Trade - activities of development and production and trade of products related to food and nutrition”, is made up of 3 subareas (A, B and C), which are arranged in the following segments:

A. Subarea - Food Production Chain:

A.1. Segment - Rural Extension and Food Production.

B. Subarea - Food Industry:

B.1. Segment – Product Research and Development;

- B.2. Segment – Experimental Kitchen;
- B.3. Segment – Production;
- B.4. Segment – Quality Control;
- B.5. Segment – Product Promotion;
- B.6. Segment – Customer Service;
- B.7. Segment – Regulatory Affairs.

C. Subarea - Food Trade (wholesaler and retailer) - activities related to the sale and distribution of food intended for human consumption:

- C.1. Segment – Quality Control;
- C.2. Segment – Representation;
- C.3. Segment – Customer Service.

In addition, according to Item VI of Article 3 and Items I, II, III, IV, V, VI and X of Article 4 of Federal Law Number 8234, of September 17, 1991, it is incumbent upon the nutritionist, in the exercise of his attributions in the area of food industry and trade: “prepare technical-scientific reports; managing food product development projects; provide assistance and specialized training in food and nutrition; control the quality of foodstuffs and products; act in marketing and develop studies and experimental work in food and nutrition; carry out analyzes related to the processing of industrialized food products; and provide auditing, consultancy and assistance in nutrition and dietetics” (PRESIDÊNCIA DA REPÚBLICA, 1991).

GOALS

GENERAL PURPOSE

Identify the professional profile of nutritionists working in the food industry.

SPECIFIC OBJECTIVES

- Determine the main characteristics and skills of these professionals;
- Check the main areas of activity of nutritionists in the food industry.

METHODOLOGY

This is a cross-sectional study, which was carried out between August and October 2019. As an inclusion criterion in the research, only professionals (graduates) and students (interns) of nutrition who work in different positions in the industry area were selected. - in accordance with Item VI of Article 3 and Items I, II, III, IV, V, VI and X of Article 4 of Federal Law Number: 8,234.

As a data collection instrument, a questionnaire was applied, adapted from Lumertz (2015), consisting of questions (multiple and essay) such as: reasons for choosing the area of the food industry; what are the main factors to be taken into consideration, when entering this market; which characteristics/skills are essential for the individual who works in this area, among others related to each other. This instrument was sent by email and also applied online via social networks such as LinkedIn and Facebook.

In view of the ethical issues in research, described in Resolution Number: 466 of 2016, the study objectives and the Free and Informed Consent Form (TCLE) were presented to the interviewees.

The data obtained were tabulated, analyzed and presented in graphs, numerical variables and percentages, using Microsoft Office Excel® software, version 2017.

RESULTS AND DISCUSSION

16 nutritionists working in the food industry, in different areas, responded to the questionnaire.

Regarding the main characteristics of the participants, the total percentage of females and predominance of age groups from 20 to 30 years and 41 and 50 years were obtained. It was also found that 68.8% of nutritionists studied at private universities, with between 11 and 20 years of training (table 1).

From the data obtained and what is present in the literature in relation to the profile of the nutritionist working in the industry, data and aspects very similar to those of the present study were found, which reinforce the existence of a characteristic profile, quite relevant in this professional field.

Lumertz (2015), when interviewing 23 nutritionists, owners of companies in the field of nutrition, also found that their sample was formed mostly by females, with a predominance of the age group between 20 and 40 years old, with training time between 6 and 20 years, being the largest nutritionist trained in private universities.

As for working in the food industry, 62.5% of the individuals interviewed responded that they had not wanted to work in this area since college and 9 of them worked in other areas before entering the industry, the main ones being: collective food and public health.

In addition, 5 respondents responded that, in addition to formal employment in the industry, they work as freelancers in other occupations, such as: providing consultancy, in-office service, in the area of quality and food safety, among other responses.

Still in relation to the industry, 62.5% of the interviewed nutritionists would not migrate to another area and 75% said they were satisfied with their current job, referring that the three main reasons that led them to choose the industry area were: identification with the environment corporate and its attributions, remuneration above the average salary for the profession and others (table 2).

Therefore, comparing again with the study by Lumertz (2015), the results remain very close, as a large portion of the group interviewed (78.9%) in the study previously worked in other branches of nutrition, until migrating to the current one. In the present study, the percentage drops slightly (56.3%), but remains the majority. In addition, approximately 70%

of respondents are dedicated exclusively to their company, without having another employment relationship, and approximately 80% of this group would not return to their previous occupation.

Data	n	Percentage
Identification with the corporate environment and its attribution	8	30,77
Others	5	19,23
Salary above the average salary of the profession	4	15,38
Opportunities to work abroad	2	7,69
Providing a concise career plan	2	7,69
Affinity with a specific company/ corporation	2	7,69
Contact with different industry sectors	2	7,69
Desire to make the industry better nutritionally	1	3,85

Table 2 - Reasons that boosted the performance of nutritionists in the food industry. Sao Paulo, 2019.

The three competences that the interviewees judged to be the most important and crucial for the nutritionist who intends to work in the industry were, in descending order: delivery of results and achievement of goals, ability to work in a team and, finally, knowing how to deal with any type of job profiles. Two of these skills were cited in the study by Lumertz (2015), who also compiled and selected the main characteristics found in entrepreneurial nutritionists, who have a very similar profile to those who work in the food industry.

As for the three skills/characteristics that must already be intrinsic to the personality or be acquired/improved (Table 3), they were ranked in the following sequence: knowing how to cooperate and work in a team, having the constant desire to evolve and learn and being proactive in all questions. In one of the articles in the magazine aimed at the nutrition market, "Nutrição em Pauta", Antonaccio et al. (2001) also points to similar qualities as essential and argues that they are, in fact, positive and necessary for the nutritionist,

Variables	n	Percentage
Age		
20 to 30 years	6	37,5
31 to 40 years	4	25,0
41 to 50 years	5	31,3
Over 50 years	1	6,3
Training time		
1 to 5 years	4	25,0
6 to 10 years	4	25,0
11 to 20 years	5	31,3
Over 20 years	3	18,8
The person wanted to work in the food industry since graduation		
Yes	6	37,5
No	10	62,5
Other employment relationships		
Yes	5	31,3
No	11	68,8
Previous experiences in other areas		
Yes	9	56,3
No	7	47,8
If I could migrate to another line of work		
Yes	6	37,5
No	10	62,5
Type of educational institution		
Private	11	68,8
Public	5	31,3

Table 1 – Characteristics of study participants. São Paulo, 2019.

because in order to generate improvements in the industry as a whole, it is necessary to present good interpersonal relationships, to want food standards to be improved. constantly and present proactivity.

Data	n	Percentage
Be proactive in all matters	11	18,64
Constant desire to evolve and learn	10	16,95
Know how to cooperate and work in a team	9	15,25
Have communication and leadership skills	8	13,56
Identify with the company's philosophy and values	8	13,56
Prove that the role of the nutritionist is important/necessary to the company's growth	7	11,86
Hold a postgraduate degree in the chosen field	3	5,08
Master more than one foreign language - in addition to English	3	5,08

Table 3 - Skills/traits that one must possess or acquire. Sao Paulo, 2019.

Still regarding the characterization of the nutritionist's performance profile, similar results were found in the last survey carried out by the Federal Council of Nutritionists (2016). A very relevant fact of the research is that only 2.6% of 1,104 (n=28) nutritionists work in the industry, and 69% (n=20) of this group earn between 2 and 5 minimum wages, and 24.1% (n =7) earns between 6 and 10 minimum wages, which reinforces the choice of 15.38%, who selected the option "remuneration above average salary" (found in table 2), referring to the main reasons that encouraged respondents to choose for operating in the area in question.

Faced with such data presented by the CFN, it can be seen the omission of health professionals working in the industrial

area, which ends up opening gaps for the occupation of others, such as food engineers, for example. The data revealed by the Council are worrying, in the sense that the industry is an area occupied by a restricted number of nutritionists, and the impact that these professionals - well qualified - would cause, if the vacancies were filled properly, would be enormous, in all senses, mainly presenting a reduction of problems related to public health (ANTONACCIO et al., 2001).

CONCLUSION

From the results found and the respective discussion, it can be concluded that there is a specific profile expected for the nutritionist who decides to work in the industry. Such aspects differentiate him from other professionals and are positive in relation to the possible improvements that the industry needs, and that require, in addition to training, other qualities.

In view of this, it is noted that the insertion of nutritionists in the industry needs to increase and spread, as it is verified that there is space and openness, but the demand for these professionals is scarce, sometimes due to the lack of knowledge about it, - because little is discussed during the course superior, and also outside of it - sometimes due to low interest, due to misconceptions in relation to the field of activity.

In short, it is concluded that the importance of nutrition within the industry must be emphasized, especially during graduation, so that more and more recognition and opportunities for development and improvement are obtained, both personally and professionally.

The literature on the subject is also scarce, making it necessary to carry out more research on the subject.

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ANNEXES

ANNEX I

DATA COLLECTION INSTRUMENT

Date: ___/___/___

1) Age group

- a) 20-30 years
- b) 31-40
- c) 41-50
- d) More than 51 years old

2) University where you took the Nutrition course

3) How long have you been trained?

- a) 1-5 years
- b) 6-10 years
- c) 11-20 years
- d) More than 21 years old

4) Have you wanted to work in the food industry since graduation?

If not, in which area would you like to work?

- a) Collective health
- b) Collective food
- c) Clinical nutrition
- d) sports nutrition
- e) home service
- f) Other

5) What company do you currently work for? And in what role?

6) Do you have another employment relationship and/or self-employment?

If so, in which area?

7) Prior to your current occupation, which company did you work for? If yes or no, in which area of expertise?

8) Choose the main reason that drove you to work in the food industry

- a) Remuneration above the average salary for the profession in general
- b) Offering a concise career plan
- c) Identification with the corporate environment and with the attributions of a nutritionist working in the industry
- d) Opportunities to work abroad
- e) Contact with different industry sectors

- f) Desire to make the industry better in relation to the nutritional composition of foods
- g) Affinity with a specific company/corporation
- h) Other

9) Do you feel satisfied and/or professionally accomplished in relation to your current occupation?

- a) ah yes
- b) no

If not, could you briefly discuss the reason(s)?

10) If you could currently migrate to another line of work, would you do it?

If yes, what would it be and why?

11) What are the main skills required of nutritionists by the industry? Check the three that you consider most crucial for the branch.

- a) Ability to work in a team
- b) Delivery of results and achievement of goals
- c) Proactivity
- d) Domain of other foreign languages, mainly English
- e) Efficient communication
- f) Know how to deal with any types of profiles of individuals
- g) Present and develop a leadership profile

12) Check three skills/characteristics that must be possessed and/or acquired by the professional who aims to enter the area of expertise in question.

- a) Hold a postgraduate degree in the chosen field
- b) Master more than one foreign language in addition to English
- c) Have communication and leadership skills
- d) Know how to cooperate and work in a team
- e) Identify with the philosophy and values of the company, carrying out work with an owner's mentality
- f) Be proactive in all aspects
- g) Constant desire to evolve and learn, despite adversity
- h) Prove that their role is indeed important and necessary for the development/growth of the company as a whole.

13) In your opinion, in relation to the undergraduate course in nutrition, there is a need to make changes, so that there are more disciplines related to this area of activity, so that there is

a more effective preparation for the newly graduated professional, who aims to join the food industry?

- a) Yes
- b) No

If so, please write suggestions (what would you change in the course curriculum, for example, in order to better prepare the newly graduated nutrition professional).

ANNEX II

TERMS OF FREE AND INFORMED CONSENT - RESEARCH PARTICIPANT

Gostaria de convidá-lo a participar do projeto de pesquisa **“Professional Profile of Nutritionists in the Industry”**, which proposes to evaluate, select and compile the characteristics and skills in common, tracing a profile of behavior, present in nutrition professionals who entered the industrial/business area. The data for the study will be collected by completing a questionnaire adapted from Lumertz (2015), which aims to collect information about the industrial/business area of activity in the view of nutritionists inserted in it.

The evaluation instruments will be applied by the Responsible Researcher and the data collection instrument will not offer risks to both. There will be no direct benefits to the participants, but the research will help in understanding the subject studied, bringing numerous benefits to undergraduates who are interested and aim to enter the studied area. At any stage of the study, you/Mr. will have access to the Responsible Researcher to clarify any doubts, via email or telephone contact informed below, having the right to withdraw from the study at any time, without any penalty or prejudice. The information collected will be analyzed together with that of other participants and the secrecy, privacy and confidentiality of the questions answered will be guaranteed, with the name of the participants being protected, since only the Responsible Researcher will have access to this information, as well as the identification of the location of data collection.

You have the guarantee that all data obtained about you, as well as any material collected will only be used in this study. At any time, if it is of your interest, you may have access to all the information obtained about you in this study, or about the general results of the study. You will not incur any personal expenses for participating in the research, but you will not receive financial compensation for your participation either. If you have any concerns or questions about the ethical aspects of the research, you can contact the **Research Ethics Committee of: Universidade Presbiteriana Mackenzie** “is an interdisciplinary Collegiate, with a public role, of an advisory, deliberative and educational nature, created to defend the interests of research participants in their integrity and dignity, and to contribute to the development of research within ethical standards” – Monday and Wednesday from 3:00 pm to 6:00 pm, Tuesday and Thursday from 9:30 am to 12:00 pm: 30, no service on Fridays.

We inform you that this term was prepared in two duly signed copies, one of which will remain with you and the other with us. We thank you in advance for your cooperation.

I declare that I have read and understood the objectives of this study, and that any doubts I had were clarified by the Principal Investigator. I am aware that participation is voluntary, and that, at any time, I have the right to obtain further clarification about the research and to withdraw from it, without penalty or prejudice.

Name of Research Participant: _____

Research Participant Signature: _____

I declare that I explained to the Research Participant the procedures to be carried out in this study, its possible risks/discomforts, the possibility of withdrawing from the research without any penalty or prejudice, as well as clarifying the doubts presented as well as clarifying the doubts presented.

São Paulo, _____ of _____ of 20 _____.

Helena Junqueira Oliveira

Márcia Nacif

TERMS OF FREE AND INFORMED CONSENT - INSTITUTION

We would like to invite you to participate in the research project “**Professional Profile of Nutritionists in the Industry**”, which proposes to evaluate, select and compile the characteristics and skills in common, tracing a profile of behavior, present in nutrition professionals who entered the industrial/business area. The data for the study will be collected by completing a questionnaire adapted from Lumertz (2015), which aims to collect information about the industrial/business area of activity in the view of nutritionists inserted in it.

The evaluation instruments will be applied by the Responsible Researcher and the data collection instrument will not offer risks to both. There will be no direct benefits to the participants, but the research will help in understanding the subject studied, bringing numerous benefits to undergraduates who are interested and aim to enter the studied area. At any stage of the study, you/Mr. will have access to the Responsible Researcher to clarify any doubts, via email or telephone contact informed below, having the right to withdraw from the study at any time, without any penalty or prejudice. The information collected will be analyzed together with that of other participants and the secrecy, privacy and confidentiality of the questions answered will be guaranteed, with the name of the participants being protected, since only the Responsible Researcher will have access to this information, as well as the identification of the location of data collection.

You have the guarantee that all data obtained about you, as well as any material collected will only be used in this study. At any time, if it is of your interest, you may have access to all the information obtained about you in this study, or about the general results of the study. You will not incur any personal expenses for participating in the research, but you will not receive financial compensation for your participation either. If you have any concerns or questions about the ethical aspects of the research, you can contact **the Research Ethics Committee of: Universidade Presbiteriana Mackenzie** “is an interdisciplinary Collegiate, with a public role, of an advisory, deliberative and educational nature, created to defend the interests of research

participants in their integrity and dignity, and to contribute to the development of research within ethical standards” – Monday and Wednesday from 3:00 pm to 6:00 pm, Tuesday and Thursday from 9:30 am to 12:00 pm: 30, no service on Fridays.

We inform you that this term was prepared in two duly signed copies, one of which will remain with you and the other with us. We thank you in advance for your cooperation.

I declare that I have read and understood the objectives of this study, and that any doubts I had were clarified by the Principal Investigator. I am aware that participation is voluntary, and that, at any time, I have the right to obtain further clarification about the research and to withdraw from it, without penalty or prejudice.

Name of the Legal Representative of the Institution: _____

Signature of the Legal Representative of the Institution: _____

I declare that I have explained to the Person Responsible for the Institution the procedures to be carried out in this study, its possible risks/discomforts, the possibility of withdrawing from the research without any penalty or prejudice, as well as clarifying the doubts presented as well as clarifying the doubts presented. São Paulo, _____ of _____ of 20 _____.

Helena Junqueira Oliveira

Márcia Nacif