

MSc Nutrition and Health

Dreaming of your future career? Explore the diverse work fields of Nutrition and Health alumni



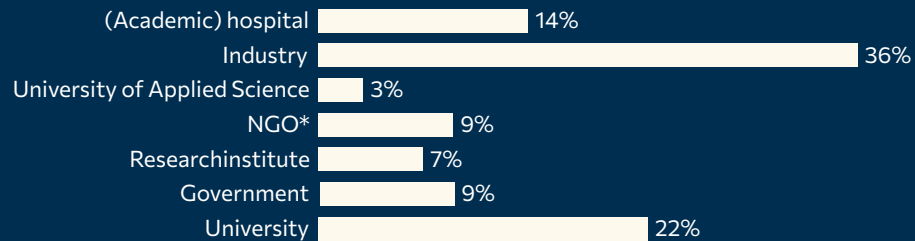
Work field of graduates of the MSc Nutrition and Health

Below, you will find information on where graduates of the Master's in Nutrition and Health are employed and the time it took them to secure their first academic-level job.

Nutrition and Health

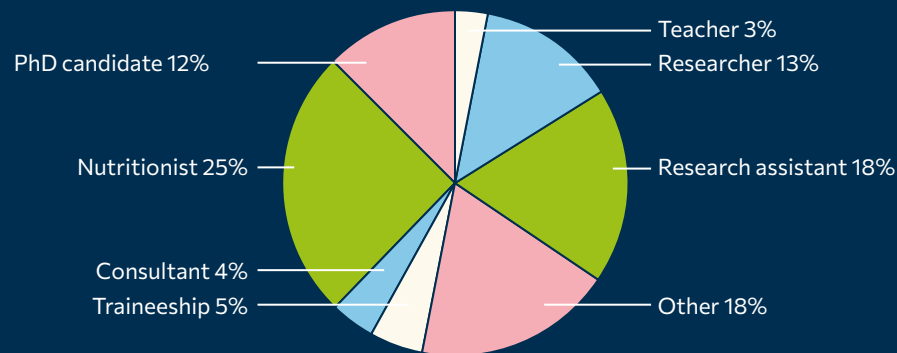
- 27% had a job at MSc level at the moment of graduation
- 52% found a job at MSc level within 1-6 months after graduation
- 15% found a job at MSc level within 6-12 months after graduation
- 6% finds/found a job at MSc level after more than 12 months

Employer (sector)



*NGO: Non Governmental Organisation, within the Netherlands and abroad. This includes professional and patient associations (e.g. Netherlands Heart Foundation) as well as development organisations and international organisations (e.g. FAO, WHO).

Positions



Source: Workfield analysis of graduates in the LinkedIn Alumnigroup Nutrition and Health (group: graduates from 2019 to 2023). This includes 445 alumni.

What are your future career opportunities?

By completing your master's programme you'll develop knowledge and skills to do nutrition research. Graduate students work at universities, research institutes, (academic) hospitals, governmental organisations (e.g. national public health agencies), NGO's (e.g. FAO and WHO) and in industry (e.g. Unilever, Danone and FrieslandCampina).

In this brochure Nutrition and Health alumni, who recently graduated, will tell you about their job. They also give you tips on finding a job that fits you.



Jasmijn van der Linde



Knowledge & Innovation Specialist at the Diabetes Fund & Science Editor for diabetes.nl



I work as a Knowledge & Innovation Specialist at the Diabetes Fund and as a Science Editor for the platform diabetes.nl. My job is very diverse and varies from day to day. I need to switch between tasks a lot, but it's precisely this variety that makes it enjoyable. What I find incredibly rewarding about my work? Every day, I get to contribute to projects with significant societal impact for people with (an increased risk of) diabetes.

At the Diabetes Fund, our mission is to prevent and cure diabetes. We achieve this by funding scientific research and by providing information, for example via our website and campaigns. Recently, I worked on an awareness campaign about hereditary diabetes, aiming to ensure more people receive accurate diagnoses. Together with my colleagues, I ensure that the contents of all communication materials from the Diabetes Fund are correct.

I also contribute to the implementation of subsidy programs. Through these programs, we determine which scientific research projects receive funding. So, we decide which researchers get financial support and can proceed with their research. Once these grants are awarded, it's crucial to monitor the projects and maintain good communication with the researchers. We are keen on identifying opportunities to translate research knowledge into practical applications because that's how we can truly make a difference for people with diabetes. I also 'translate' the research and results into understandable language, a part of science communication that I find incredibly enjoyable and important.

As Science Editor at diabetes.nl, I write articles about diabetes and scientific research, ensuring they are at a B1 reading level. Texts at this level are in simple Dutch, making them accessible to a broader audience. Writing such texts may seem easier than it is – it's like explaining a piece of news from a scientific publication to your grandmother or neighbor. It involves simplifying considerably while ensuring the content remains accurate. It's always a balancing act, and I find it a very enjoyable puzzle each time!

Iris Voskamp



Junior Scientist with MIMETAS organ-on-a-chip

During my master's in 'Molecular Nutrition & Toxicology,' I realised that I was interested in the immune system and human physiology but was uncertain about what direction to take with my background in nutritional sciences. I wanted to contribute to make the world a bit better through more patient-centered treatments. How does a disease develop? And how can we possibly solve it? These were questions I often asked myself. I was seeking a different approach that considered interactions between physiological systems. This led me to the 'Organ-on-a-chip' technology at MIMETAS. The use of human tissues, which we can grow in 3D through this technique, connected via microchannels, provides a human physiologically relevant alternative for drug research. In short, it's a new innovative approach for studying the interaction between organ systems and the development of medicines.

As a Junior Scientist, I work on both internal and external client projects in the field of immunology. This means that I am responsible for conducting experiments in the laboratory, processing results, and communicating with clients. It's an interesting job full of challenges, and no day is the same!

"I wanted to contribute to make the world a bit better through more patient-centered treatments."

Iris

Harm-Jan van der Hart



Adviser guideline development and care evaluation with the Knowledge Institute of the Federation of Medical Specialists



During my master's programme in Nutrition & Health, I soon realised that I wanted to work at the intersection of research and implementation.

A colleague at my internship company suggested the Knowledge Institute of the Federation of Medical Specialists, and it turned out to be exactly what I was looking for. As an advisor at the Knowledge Institute, I guide medical specialists in developing and revising quality instruments, primarily guidelines. We first identify the bottlenecks in healthcare delivery. Using the latest scientific research and insights from clinical practice, we create or revise guidelines and other quality instruments. Examples of recent projects include the Tobacco Cessation guideline and the Cardiac Rehabilitation guideline. Additionally, I work on developing knowledge agendas, outlining the key knowledge gaps in each field. These agendas highlight areas where knowledge is lacking and where future scientific research should focus.

It's an incredibly enjoyable and diverse job where I collaborate extensively with colleagues and external stakeholders, such as patient representatives, nurses, and health insurers. Although I've partly moved away from my background as a nutrition scientist, there is an increasing focus on prevention (through lifestyle) in the medical specialist world. This aspect is frequently addressed in guidelines, allowing me to continue incorporating my interest for nutrition and health in my job.

Perhaps stating the obvious, but I would advise current students to broaden their horizons during their studies. With an MSc in Nutrition & Health, there are more possibilities than you might think, and discovering this during your education is highly beneficial. Don't hesitate to reach out to people with roles that interest you on LinkedIn. People are always enthusiastic about sharing information on their daily work.

Daphne van Maris



Scientific Content Manager with FrieslandCampina Institute



After completing my bachelor's degree in Nutrition & Dietetics at a University of Applied Sciences, I pursued a master's degree in Nutrition and Health because I wanted to further delve into the science of nutrition and health. During my internship, I conducted research at FrieslandCampina within the Expert Team Nutrition, and shortly after graduating, I was offered the opportunity to return in my current function.

Currently, I work at FrieslandCampina Institute, the scientific platform for healthcare professionals worldwide in the field of nutrition, health, and dairy. We make scientific information as understandable and accessible as possible for professionals such as dietitians, youth health care professionals, and lifestyle coaches. I am responsible for all activities of the Institute in the Netherlands. This involves a variety of tasks. I attend conferences of different professional groups, develop communication materials, contribute to keeping our articles, materials, and e-learning up-to-date, and I organise webinars and events. Additionally, I am responsible for a part of data management, enabling us to make more data-driven decisions over time. I work on many different tasks at the same time, and that's exactly what I find enjoyable about my job. It's a great combination of science and communication. An added benefit of working at a company like FrieslandCampina is the international culture. I learn a lot from collaborating with colleagues from different cultures.

"I work on many different tasks at the same time, and that's exactly what I find enjoyable about my job."

Daphne

Daan Lamers



Programme manager with Ancora Health



During my master's programme in Molecular Nutrition and Toxicology, I realised that, despite my interest in research, I wanted to be more directly involved with people who could truly benefit from the health related knowledge I gained during my studies.

I now work at Ancora Health, a start-up that develops digital health interventions for various groups, such as diabetes patients, people with obesity, or employees of companies aiming for a healthier work environment. We achieve this through digital coaching and a mobile app that provides users with information and tasks related to a healthy lifestyle.

In my current job, I see that many of our clients have a good understanding of what a healthy lifestyle entails but they face obstacles leading them to make unhealthy choices. Collaborating with a multidisciplinary team of experts in health, psychology, and coaching, we devise ways to help people overcome these obstacles. We focus not only on physical health but also on how people feel and the environment they live in. We genuinely aim to make a difference in people's daily lives.

Creativity and innovation are highly valued at this startup. I can contribute with my own ideas and work on projects that matter. I am sometimes involved in projects that I could not have imagined during my studies. For example, I am currently working on implementing new technologies such as virtual coaching and chatbots in our app. Nevertheless, I also find that I apply a lot of what I learned during my studies on a daily basis. We are currently working on a project analysing data from our app, which closely resembles the work I did during my thesis. It turns out that my study comes in handy after all!

Astrid Citra Padmita



Overweight Prevention Specialist with UNICEF Indonesia



During my studies, I had a chance to conduct an internship with the Global Alliance for Improved Nutrition (GAIN)-Indonesia. My internship was about data analysis. Ever since, I did not want to work only doing a data analysis but I also wanted to have a chance to do fieldwork and interacting more with the community.

Overweight Prevention is a new program at UNICEF-Indonesia, where we argue that overweight and obesity are important nutritional problems. There was an opening at UNICEF-Indonesia as a UN Volunteer-Overweight Prevention Specialist. The role of this position is to conduct a landscape analysis of overweight and obesity in Indonesia, coordinate with key stakeholders to advocate the overweight and obesity-related issue and liaise with the communication team to make awareness raising products. I applied for that position as I wished that someday I could work with a UN agency and contribute to nutrition issues. I got accepted and officially started working with UNICEF. Then there was an internal vacancy announcement for a national consultant-overweight prevention, and I got accepted for this position. Currently, my work consists of various things from school-based interventions at the district such as by delivering the training for the students that will be the school cadre, deliver the training for teachers, support in developing the nutrition games for students, and advocate the issue of overweight prevention to the local stakeholders. I find that working in this role is fulfilling and has an invaluable impact as I can contribute to the development of my country by undertaking actions to prevent overweight, obesity, and non-communicable diseases in Indonesia.

Tess Bezemer



Food Curator at Join Program



After graduating from the master's Nutrition and Health, I fulfilled a long-cherished dream by completing the chefs' training at Ballymaloe Cookery School in Ireland. This training provided an incredibly valuable addition to the theoretical master's degree in Nutrition & Health. During my time in Ireland, I learned everything about preparing beautiful dishes with ingredients from the organic farm.

Upon returning to the Netherlands, I realised more than ever that I wanted to contribute to a healthier and more sustainable world. That's when Join Program crossed my path, a company with a mission to create a better world and make high-quality food more accessible. We provide restaurant-quality corporate catering for progressive companies, where our chefs prepare daily surprising meals based on seasonal and mainly local ingredients. At Join Program, we challenge the traditional corporate catering model by using technology to reduce food waste and encourage our customers to make healthy and climate-friendly choices.

In my role as a Food Curator, I focus daily on recipe development. Together with my team, I create weekly changing menus, primarily featuring plant-based dishes. With my background in Nutrition & Health, I am responsible for ensuring and improving the nutritional values of our recipes. I am constantly looking for ways to incorporate more plant-based protein sources and make adjustments to enhance the nutritional content of the dishes.

Additionally, I have a great passion for bringing people together, which is why I'm also working on my way as an entrepreneur. As a chef, I provide private dining, pop-up restaurants, catering, and other concepts where the story of healthy, local, and delicious food takes center stage.

Tamika Wopereis



PhD candidate Healthy and Sustainable Food Environments
at Wageningen University & Research



After completing my two master's at WUR (Nutrition and Health; Food Law), I came across an interesting job opportunity through a mailing list for PhDs in the Netherlands. I wasn't sure if I wanted to pursue a PhD, but I found the topic intriguing, so I decided to go for it. As a PhD candidate, you'll conduct research on a specific topic for four years, with the result being the publication of a dissertation.

My project focuses on developing healthy and sustainable food environments in Dutch municipalities, aiming to make healthy and sustainable eating easier, more attractive, and more mainstream for the population. Each PhD experience is unique because each topic is different. In my research, I collaborate extensively with municipalities, which I personally find enjoyable as it keeps me from being in a 'scientific bubble' all the time. I strive to make my research relevant not only for the scientific community but also for society. For instance, in Wageningen, I conducted research on the health aspects of food advertisements in bus shelters, and then collaborated with the municipality to explore ways to limit unhealthy food advertising in public spaces.

Pursuing a PhD allows you to immerse yourself in a topic, ultimately becoming an expert in that field. You also act as the project manager for your own research, determining exactly what you want to investigate (within the defined topic) and how to approach it. However, obtaining a PhD involves more than just conducting research. You take on teaching responsibilities and have the opportunity to network and present at (international) conferences. It also involves personal development, with the option to take various courses. For me, it's the ideal combination of learning and working, providing a lot of freedom and responsibility. If you have discipline, curiosity, and enjoy research, I highly recommend it!

Ricky Siebeler



PhD candidate Macrophage Epigenetics with
Amsterdam UMC



Since the beginning of my studies, I've had a significant interest in the world of research and education. The further development of this enthusiasm mainly stems from the joy and satisfaction I derived from both my BSc and MSc theses and the student assistantships I undertook during my studies. This led me to embark on a PhD trajectory at Amsterdam UMC with the ultimate goal of obtaining a doctorate.

My research focuses on the epigenetics of our immune system, with a specific emphasis on cardiovascular diseases. For example, I investigate how exposure to certain fats can impact the activity of DNA elements in immune cells, potentially leading to chronic inflammation. I conduct this research in tissues from patients with atherosclerosis or immune cells that I genetically modify in the lab. Within my research, I enjoy considerable freedom, utilising various molecular techniques to delve deeper into my findings. This involves spending a significant amount of time on bioinformatic analyses to extract valuable insights from my experiments.

In addition to conducting my research, I take on the role of a supervisor for students and have ample opportunities for further personal development through courses and conferences. All of this contributes to an incredibly stimulating environment. What makes it even more enjoyable is that within my research I collaborate with former classmates and professors whom I attended lectures with in the past.

For me, choosing a PhD was not a deliberate decision; it was simply following my passion. This leads me to offer advice to current and future students: actively invest time in discovering what brings you joy. Ultimately, pursuing your passion is a recipe for success.

Lotte Peters



Scientist Innovator with TNO



I work as a Scientist Innovator for the research organisation TNO. After my master's internship, I had the opportunity to continue working here. It was my first experience with research on incredibly interesting topics, that's why I wanted to stay. I currently work in the Systems Biology research team, where I conduct applied research on nutrition, health, and lifestyle in relation to lifestyle-related diseases and performance. The enjoyable aspect of my job is the variety in both research topics and the different tasks I perform. This makes each week different, diverse, and never boring. From writing a research protocol, designing a lifestyle intervention, and organising focus groups to developing a dietary assessment method and conceptualising a nutritional advice algorithm. In these projects, I collaborate extensively with colleagues and external partners, allowing for mutual learning and the further development of (scientific) skills.


Finding the right job can be challenging. I have tried various ways to gain insights into different sectors and understand the work they do. It is also essential to think about what you want to achieve, what you want to contribute to, or what your mission is. With that information in mind, you can talk to different people about their work. Make sure to express your interests and what you would like to do. Sometimes, there are more possibilities than you think. Perhaps all this information will provide insight into the job that suits you!

“Make sure to express your interests and what you would like to do. Sometimes, there are more possibilities than you think.”

Lotte



Reina Beltman

 Top Sports Gelderland – Sport manager & owner of Feed your Performance

Before starting the master's in Nutrition & Health, I completed a bachelor's degree in Sports, Health, and Management at a University of Applied Sciences. Due to my involvement in gymnastics at the time, I was looking for a study programme to combine with my sports career. After finishing my athletic career, I chose the master's Nutrition & Health to delve deeper, feeling a lack of specialisation in my previous studies. I opted for the specialisation 'Nutritional Physiology and Health Status' and selected courses related to sports. Additionally, I did an internship at Maastricht University within the Human Biology department, where I assisted with various research projects.

In my current role as a sports manager, I guide young talented athletes on various cross-sport themes such as physical training, nutrition, and performance behavior. On one hand, we conduct webinars and master classes on these topics, and on the other hand, we assist athletes, parents, and coaches with specific queries. I also occasionally conduct internal research and collaborate with various officially recognised training programs, helping them with activities like conducting physical tests and associated analyses. Within this role, everything from my Higher professional education and university background comes together, and of course, my background as a former elite athlete is beneficial.

In addition to my job as a sports manager, I have my own business called 'Feed your Performance,' where I guide (elite) athletes and sports teams on nutrition. With my scientific background, I have a solid foundation, and I know how to base my advice on reliable scientific sources. After completing the master's in Nutrition & Health, I pursued a postgraduate program to become a sports nutritionist. A scientific background alone is not sufficient to provide advice to athletes.

I enjoy working with people and helping them progress in their athletic development. Athletes are generally motivated and implement the advice. It's incredibly rewarding when athletes later reach out to share their achievements or goals. While I find science fascinating, I was also seeking its practical application, and with these jobs, I can perfectly combine both aspects!

Lisanne Vintcent



Data manager with UMC Utrecht

Because I enjoyed subjects like cell biology, pharmacology, and physiology during my bachelor's, I opted for the master's specialisation in molecular nutrition and toxicology. During my master's, I realised that this meant spending a lot of time working in the lab, which didn't quite suit me. Therefore, for my internship, I wanted to do something different and joined the RIVM (National Institute for Public Health and the Environment) to work with nutritional data. I really enjoyed puzzling with data, and I wanted to continue doing this. That's how I ended up at the UMC Utrecht as a data manager.

As a data manager, I work with clinical data from international studies. These studies involve thousands of patients who have visited a general practitioner or hospital with symptoms indicative of an infectious disease. The goal of our studies is to gain more insight into when patients should or should not be prescribed antibiotics. We aim to prevent unnecessary antibiotic prescriptions to slow down antibiotic resistance.

My role as a data manager is to ensure that nurses and doctors collect data in the right way with as few errors as possible. In other words, I ensure that the data is of high quality! Additionally, I create reports (including graphs and tables) from the data, so that staff in general practices and hospitals can be guided if necessary. Since I work on international studies, I have contact with many different people such as doctors, researchers, and statisticians working in various countries. That's something I really enjoy about my job! Another nice aspect is that I get to travel abroad twice a year for multi-day meetings!

"I really enjoyed puzzling with data, and I wanted to continue doing this."

Lisanne

Nienke van Velzen



Junior Researcher with Netherlands Comprehensive Cancer Organisation (IKNL)



I am working as a researcher in palliative care at IKNL (Netherlands Comprehensive Cancer Organisation). Palliative care, focused on the quality of life for patients and their families dealing with life-threatening illnesses, may, at first glance, seem distant from my master's specialisation in 'Nutritional Epidemiology and Public Health'. During my master's and internship at IKNL, where I focused on lifestyle and survival in cancer patients, my interest in epidemiology grew. I also realised that my interest was broader than just nutrition and lifestyle; I was curious about epidemiology in different contexts. When IKNL was looking for a palliative care researcher with expertise in epidemiology, it turned out that my master's had been the ideal preparation for the required skills.

In my work at IKNL, I am involved in various projects, going through every phase of research, from preparation and data collection to analysis and writing scientific publications or reports. The dissemination of results also plays a crucial role, such as giving presentations at (international) conferences. I find this variety in tasks very enjoyable. I can see the impact of my work in practice, and that motivates me immensely.

Although the transition from study to work took some getting used to, my study prepared me well. My advice to prospective students is not only to consider the content of the courses but also to think about the skills you want to develop. Use your master's and internship to further discover your interests and strengths. You might discover an unexpected passion!

Masja Verbeek



Project manager at the Association of Physicians and Lifestyle



The relationship between nutrition and disease fascinated me during my studies, leading me to focus on courses within this theme. For my internship, I joined the Association of Physicians and Lifestyle, a Dutch organisation by and for healthcare professionals that considers lifestyle medicine as the foundation for care-related and indicated prevention in the treatment of chronic conditions. By organising training sessions and developing tools, we disseminate this knowledge in medical consultation rooms.

I enjoyed my internship so much that I subsequently started working as a project manager at the Association of Physicians and Lifestyle. My work focuses on developing, organising, and coordinating training sessions on lifestyle for healthcare professionals. It is a fascinating role where I am involved in various projects, such as communication skills on lifestyle, lifestyle in oncology, and lifestyle interventions and medication reduction in type 2 diabetes. In these projects, I frequently apply the knowledge gained during my studies. Alongside experts and healthcare professionals, I determine the content of such training sessions and ensure that they are of sufficient quality and level. The enjoyable part of my work is the involvement of enthusiastic and ambitious healthcare professionals who are all dedicated to implementing lifestyle in healthcare. Their enthusiasm is very contagious!

Training sessions are conducted both online and on site, which also brings an organisational aspect. For instance, I ensure that teachers and participants receive practical information. These training sessions take place in general practitioner groups and hospitals, providing me with a nice insight and a good understanding of the different worlds within our healthcare system.

Lisanne Renting



Clinical researcher at the Princess Máxima Center



At the Princess Máxima Center, all children with cancer in the Netherlands are treated. In addition to providing care, the Princess Máxima Center also focuses on research. I work as a clinical researcher in the supportive care group. Our research group focuses on reducing the side effects of treatment and improving the quality of life. I primarily focus on studies that examine the role of nutritional status. For example, we investigate whether children are getting enough vitamins and minerals.

Together with the rest of the research team, I am responsible for conducting the research. This involves approaching children and their parents to explain the research. If they decide to participate, I ensure that the data is collected. We do this by performing measurements, completing food diaries, and the children wear a watch that tracks how much they move. Once all the data is collected, we analyse it to see if we can find any associations and then write a scientific article about our findings.

Ultimately, the goal is to provide better advice to children and their parents regarding nutrition and exercise during cancer treatment. What I enjoy most about my job is the variety of tasks. After spending many hours behind the computer, I really enjoy interacting with the children and parents. And sometimes, after a lot of measurement activities, it's also great to sit at the computer and dive into the data. In addition, I think it is important that my job contributes to the knowledge of the role of nutrition in childhood cancer.

“What I enjoy most about my job is the variety of tasks.”

Lisanne

Bachelor Voeding en Gezondheid
wur.nl/bvg

Master Nutrition and Health
wur.eu/mnh

