



Dietitian

Dietitians help people understand the relationship
between **food** and health

A dietitian will help you come up with a healthy eating plan and practical solutions that suit you and your family

Dietitians can support with the following concerns or conditions for both adults and children, but are not limited to:

- Healthy eating
- Food budgeting and preparation
- Achieving a healthy weight
- Sports nutrition
- Fussy eating in children
- Eating disorders
- Emotional eating
- Diabetes
- Heart problems
- Lung problems
- Kidney problems
- Cancers
- Gut and bowel problems
- Food allergies and intolerances
- Nutritional deficiencies (e.g. iron levels)
- Nutritional support for surgery
- Wound healing

How can I see a dietitian?

If you have had your health check or have a GP management plan you can ask the doctor for a referral to see the dietitian.

What will happen when I see a dietitian?

The dietitian will work with you to understand your life so that together you can come up with a lifestyle plan that suits you and your family.

They will help you set goals and will support you to eat in a way that helps you stay healthy and strong in body and mind.



See your GP for a referral to a dietitian.



For more information visit www.iuih.org.au

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