

WHAT TO EXPECT WHEN YOU VISIT AN ACCREDITED PRACTISING DIETITIAN AT SHELL COVE FAMILY HEALTH

WHAT IS A DIETITIAN?

Accredited Practising Dietitians (APDs) are four year university-qualified health professionals who translate food and nutrition science into practical advice to promote good health.

REASONS TO SEE A DIETITIAN

Seeing a dietitian provides the opportunity to talk with a specialist about eating patterns to optimise your health and wellbeing. Dietitians can provide advice for infants, children, adults and for pregnancy, such as new ideas for healthy meals and snacks, label reading, portion sizes and strategies for achieving and maintaining dietary changes.

Dietitians specialise in the nutritional management of a number of different health conditions and nutrition concerns such as:

- Endocrine diseases and conditions
e.g. diabetes, osteoporosis or PCOS
- Cardiovascular diseases and conditions
e.g. high cholesterol, high blood pressure
- Kidney disease
- Gastrointestinal diseases and conditions
e.g. irritable bowel syndrome (IBS), reflux, coeliac disease, constipation
- Overweight and obesity
- Nutrient deficiencies
- Food allergies and intolerances
- Fussy eating and feeding difficulties in children
- Dietary advice for children with special needs

WHAT TO EXPECT AT YOUR APPOINTMENT

A discussion of any or all of the following:

- Your health goals
- Your relevant health history including previous blood tests
- Your current eating patterns, including timing and frequency of meals, portion sizes, food preparation and food choices

THE DIETITIAN WILL THEN PROVIDE:

- Feedback on your current dietary intake in relation to dietary guidelines and your health conditions
- Information and advice on dietary information relevant to your health goals
- Goal setting and support to optimise your nutritional intake



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