

NOURISHED NOT DEPRIVED DIETITIANS



Our team is skilled in the assessment and treatment of a range of health conditions & stages of life including but not limited to:

- **Disordered Eating**
- **Family Wellbeing Nutrition**
- **Women's Health - PCOS, Endometriosis, Fertility and Pregnancy**
- **Chronic Health Conditions**
- **Weight Loss/Weight Gain Management**
- **Autoimmune Management**
- **Sports Nutrition**
- **Community Aged Care Support**

WHY CHOOSE A DIETITIAN?

Dietitians are University qualified health professionals who attain extensive training and expertise in nutritional health science.

They are specifically trained in unravelling nutritional health science to be able to provide individualised and tailored nutrition advice for you and your unique case in a safe and effective manner. You can feel at ease knowing that Dietitians must uphold a strict code of conduct and a standard of ethics that is regulated by their governing body, Dietitians Australia.



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WHAT WE ADDRESS DURING YOUR APPOINTMENT

WHAT ARE YOU WANTING TO GAIN OUT OF THE APPOINTMENT?

- What are your main goals and reasons for booking an appointment?
- What would you like us to assist you with?
- What do you think you need from us?

These questions assist us in deciding not only what we believe would benefit you but what YOU want us to do for you.

WHO ARE YOU AS A WHOLE?

- What is your age, activity levels, anthropomorphic measurements, medical history, lifestyle, current medications & supplements taken?
- What is your current relationship with food like?
- Do you have children or others who depend on you to consider?
- What are your current eating behaviours?
- Do financial considerations need to be made?
- Do you have time constraints during your day?
- What commitments in your life impact how much you can focus on and implement certain nutrition strategies

This information allows us to tailor our knowledge of nutrition science to suit you and your particular requirements and lifestyle.

WHERE DO YOU NEED THE MOST ASSISTANCE?

- What needs immediate addressing?
- What would we consider the main priorities initially?
- What are our main focus points clinically for you?

These questions are best in assisting us managing and treating certain chronic illnesses & clinically outlining any immediate nutrition interventions necessary.

HOW CAN WE GIVE YOU THE MOST OUT OF OUR APPOINTMENTS?

- What resources can we provide that will assist you at home?
- What information and education will give you the most benefit moving forward?
- What will you benefit from most?

These considerations allow us to decide how we can assist you once you leave the appointment.



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WHAT YOU LEAVE OUR APPOINTMENTS WITH:

01/

A DETAILED OUTLINE AND GUIDE

Of all points discussed during the appointment in an email, readily available at your fingertips for when you cannot recall what was discussed during the appointment.

02/

RESOURCES, GUIDES AND RECIPES

On how to structure your eating, accessible to you at all times.

03/

YOUR PERSONALISED NUTRITION INTERVENTIONS & STRATEGIES

Aimed at managing any underlying illness or disease discussed.

04/

CONFIDENCE

In knowing that you now have a Dietitian who has your best interest at heart and has created a way of eating that will help you to achieve your current goals and improve your quality of life.

05/

ACCOUNTABILITY

For creating long lasting change that will improve your wellbeing.

06/

CERTAINTY

Around how and when you should be eating.

07/

COMFORT

In knowing you have a Dietitian with your best interest at heart always.

08/

BROADER KNOWLEDGE

Of why we advise what we do with your eating regimes. You won't just be told WHAT to do you'll know why we are giving this advice.



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UNSURE WHETHER AN APPOINTMENT IS FOR YOU? USE OUR NUTRITION SCREENING QUESTIONNAIRE BELOW!

Are you confused with how you should be eating?

| Y | N |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
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Do you part-take in yo-yo dieting?

Have you experienced unexplained weight loss/gain over the past 6 months?

Are you experiencing fatigue and are unsure of the cause?

Do you have current physical/physique goals that you are trying to achieve?

Do you have an underlying chronic illness or ailment that requires nutrition management (ie. Diabetes, Coeliac Disease, IBD, PCOS, Arthritis, GORD, High BP, High Cholesterol etc.)

Do you avoid certain foods because you believe they are 'bad' for you?

Do you ever experience Bloating/Constipation/Diarrhoea and are unsure of the cause?

*If you ticked 'yes' to any of the above questions,
a Dietitian appointment would most definitely be suited to you!*

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