



# Nutrition: Accredited Practising Dietitian

## Dietitians support skill building

- Simple and tasty recipes
- Cooking
- Food choices
- Food budgeting
- Grocery shopping
- Reading food labels
- Meal planning

## Dietitians offer health advice

- Healthy eating
- Bowel and gut health
- Special dietary needs
- Nutritional supplements
- Chronic conditions
- Recovery from illness
- Chewing and swallowing problems

## Dietitians promote emotional wellbeing

- Eating with others
- Food enjoyment
- Positive relationship with food
- Health enhancing behaviours
- Motivational counselling

## Good nutrition supports your daily life in many ways.

**Maximising energy and strength** for daily activities such as house chores, work, exercise, socialising and hobbies

**Maintaining muscle and bones** to keep fit and prevent injuries, falls, poor mobility and loss of independence

**Assisting your immune system** to keep you well, prevent illness and aid recovery

**Improving response to health treatments and medications**

**Promoting healthy ageing** and slowing down changes that can impact on independence

**Maintaining emotional wellbeing** and mental alertness so that you can enjoy the things that are important to you



## Our Allied Health services

- Social Work
- Dietitian
- Occupational Therapy
- Physiotherapy
- Podiatry
- Speech Pathology

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