

# Dietitian Service

## Aim of the service

To provide nutrition advice for good health throughout differing life stages and to prevent and help with managing different health conditions.

During the consult, the dietitian will complete a nutrition assessment and is then able to assist with providing nutrition education and individualised advice around food and dietary patterns to assist with maintaining good health.

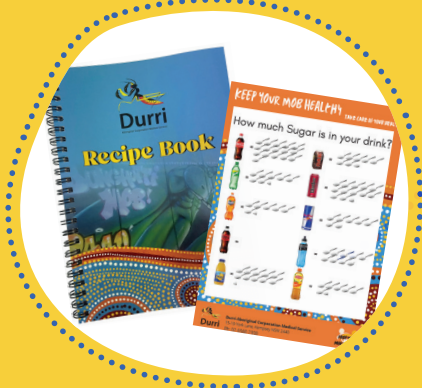
Focus during the consult is on your health goals, education and nutrition counselling to help meet your goals and improve your health.



## Who might benefit from seeing the dietitian?

Those with:

- Diabetes
- Heart health concerns (high blood pressure, high cholesterol, etc)
- Liver disease
- Kidney disease
- Gastrointestinal issues
- Malnutrition
- Healthy eating for aging
- Anyone looking to improve their eating pattern to improve their health.



**To access the dietitian service**, you must be a Durri client who has completed a health assessment and then will be eligible for a Medicare referral from your GP at Durri ACMS.

