



Dietetics

Our Accredited Practising Dietitian can assess your nutritional needs and use medical nutrition therapy specifically tailored to you to help you achieve your goals.

Your dietitian can help you with gaining or losing weight, chronic disease support, nutritional counselling, and therapeutic diets. You can also receive assistance with managing food allergies and intolerances, learning to read food labels when shopping, choosing the best options when eating out, and ensuring you meet your nutritional targets for vitamins, minerals and other essential nutrients.

For further information:

1300 782 896 | integratedliving.org.au



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*supporting individuals
enriching communities*



Reasons to visit your dietitian may include:

- Anaemia
- Coeliac disease
- Heart disease or high blood pressure
- Diabetes
- Polycystic ovarian syndrome
- Diverticulitis
- Food allergies and intolerances
- Gastro-oesophageal reflux
- Gout
- Abnormal cholesterol and triglyceride levels
- Inflammatory bowel disease (Crohn's disease and ulcerative colitis)
- Irritable bowel syndrome
- Liver disease
- Nutrition support for cancer and malnutrition
- Osteoporosis or osteopenia
- Renal disease
- Weight management
- Age-related sarcopenia