

Dietetic Services

Accredited Practising Dietitians (APDs) help people with food and nutrition related problems and conditions.

We provide person centered education and recommendations, including meal plans and if needed, nutritional supplements. We help people improve their quality of life, and prevent or manage chronic diseases.



Weight related issues

- Underweight.
- Overweight and obesity.
- Changes in appetite (losing or too much interest in food).
- Fast unplanned weight change (gain/loss).



Stomach or gut related issues

- Constipation (long term problem).
- Diarrhoea (recurring).
- Stomach pains.
- Bloating or gassiness.
- Reflux / Gastro Oesophageal Reflux Disease (GORD).
- Nausea.
- Vomiting.



Problems with eating habits

- Binge eating.
- Restrictive eating.
- Fussy eating.
- Food refusal.



Tube feeding

- New to tube feeding.
- Tube feed review.



Food allergy and intolerance

- Suspected allergy.
- New diagnosis.
- Irritable bowel syndrome (IBS).
- Coeliac disease.

New Diagnosis

- Diabetes.
- Problems with blood sugar level.
- Heart disease.
- High blood pressure.
- High cholesterol and triglyceride.
- Liver/Kidney disease.
- Swelling of ankle and stomach.
- Osteoporosis.
- Mental health (on antipsychotic medications).
- Pressure sores or areas.