

NUTRITION AND DIETETICS



The Dietitians and Nutritionists at QUT Health Clinics are passionate about food, health and nutrition. They can help you sort through the maze of nutrition information and myths, update you on the latest scientific evidence on food and nutrition, and support you to find practical ways to incorporate these suggestions into your lifestyle.

ELIGIBILITY

QUT Health Clinics provide affordable and professional services in Nutrition and Dietetics for children, adolescents and adults. Our services are offered to the general public as well as the students and staff of QUT. No referral is necessary to attend this service.

CONSULTATIONS

Nutrition and Dietetic Services are currently provided on an individual basis and through group education sessions. Consultations are provided by student dietitians under the direct supervision of an Accredited Practising Dietitian (APD).

APDs are recognised professionals with the qualifications and skills to provide expert nutrition and dietary advice. They have the clinical training to modify diets to treat conditions such as diabetes, heart disease, cancers, gastro-intestinal diseases, food allergies and intolerances and obesity.

INDIVIDUAL CONSULTATIONS

Clients attending the Nutrition and Dietetics service can receive a comprehensive nutrition assessment and personalised dietary advice for managing:

- Healthy eating for the family
- Nutrition support
- Food intolerance and allergy
- Children's health
- Nutrition for sport and performance
- Pregnancy and lactation
- Gastrointestinal disorders and diseases
- Age and illness related malnutrition
- Diabetes
- Heart disease
- Before and after surgery
- Cancer
- Kidney disease.

Clients are supported to find practical and simple food solutions to meet their nutrition goals. This may include:

- Personalised eating plan or nutritional guidelines
- Information regarding your condition and its relationship with your diet
- Practical advice about healthy eating:
 - reading food labels
 - healthy ways to prepare food
 - choosing the best foods when shopping and eating out.

GROUP EDUCATION PROGRAMS (8–12 PEOPLE)

Group sessions run at various times throughout the year. They are a fantastic opportunity to meet new people with similar conditions and get practical nutrition ideas and support in a comfortable environment. Some of these include:

- diabetes group
- supermarket tours
- cooking demonstrations
- healthy eating and weight groups
- Mums and bubs groups.

CONTACT US

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