

# Dietitian

## Can a dietitian help you?

It can be hard to know what to eat, especially if you want to eat healthier, lose weight or with a health condition. Dietitians are food experts who can teach you how to eat the right foods.

A dietitian can help you with:

- Weight
- Diabetes (Type 1 and Type 2)
- Heart problems
- Not eating enough food
- Problems with your gut such as heartburn, stomach aches, bloating, constipation and diarrhoea
- Foods that don't agree with you



## At Sunbury Community Health, our dietitian can:

- Chat with you about how eating fits into your life
- Give you advice that you think will work for you
- See you one-on-one or as part of a group
- Guide you through the supermarket to show you good foods for your health



**Call 9744 4455 for more information or to book an appointment**

