

# Why a Dietitian?

Dietitians can be trusted to give the best available advice for health related food and nutrition issues because what they say is founded on evidence which has been proven in science.

A dietitian is a registered professional who:

- Can assess your diet and lifestyle, and help you manage your food in a way that best suits you and your condition
- Will work with you to help you achieve your food related goals
- Can provide you with information relevant to your lifestyle and condition



Fiona Ross and Daniela Tylkowski are New Zealand Registered Dietitians.



Ask your nurse, GP or Maori health provider about this free service.

**Aroha Pono Tika**



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Primary Health Care

# Dietitian





## Are you ...

... thinking that you would like to make changes to your diet? Not sure where to begin?

...feeling confused or guilty about what you think you 'should' be eating to manage your condition successfully?

...overwhelmed with information about what is best to eat to be healthy?

...wanting information about

- Reading food labels?
- How food affects your symptoms?
- Special diets for food allergies or intolerances.

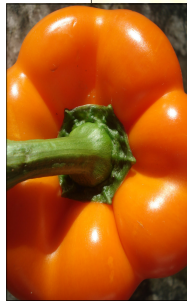


## If you...

...have any of the following conditions you may be eligible for the dietitian services:

- Diabetes
- Cardiovascular disease including high blood cholesterol levels
- Nutrition-related anaemia
- Bowel conditions like irritable bowel, non-acute Crohn's disease
- Food allergies/intolerances
- Unintentional weight loss

Ask your nurse, GP or Maori health provider about this service.



## What next...

Once you decide that you would like to see a dietitian, you will be asked to fill in a consent form. This will be sent to the dietitian along with the referral form and your most recent blood results.

After we have received this we will contact you to set up an appointment time that suits you.

You have the option to be seen within this service for up to 6 months.

This is a free service for people registered with Manaia PHO.

