

What could a dietitian do for you?

Dietitians are experts in food and nutrition. They are qualified and legally regulated health professionals. They work in the NHS and privately to assess, diagnose and treat dietary and nutritional problems using scientific evidence.

Could you benefit from seeing a dietitian?



Dietitians can help you with a range of issues:

Tummy problems, such as IBS

Food allergies or intolerances

Medical conditions like high blood pressure, cardiovascular disease or COPD

Losing weight

Problems feeding your baby or child

Putting on weight lost due to illnesses, eating difficulties or old age

Eating disorders

Managing diabetes – Type 1 or Type 2

and much more...ask your GP for a referral to a dietitian or visit bda.uk.com/dietitian