

Kyabram District Health Service

Australian Dietary Guidelines

- 1.** To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drink to meet your energy needs.
- 2.** Enjoy a wide variety of nutritious foods from the five groups daily: vegetables, fruit, grain (cereal) foods, lean meats/poultry/fish or meat alternatives (eggs, tofu, nuts, seeds, legumes), milk, yoghurt, cheese or alternatives; and drink plenty of water.
- 3.** Limit intake of saturated fat, added salt, added sugars and alcohol.
- 4.** Encourage and support breastfeeding.
- 5.** Care for your food; prepare and store it safely.

Kyabram Health

Fenaughty St, Kyabram VIC 3620
Ph. (03) 5857 0200
Email. info@kyhealth.org.au
Monday - Friday; 8.30am to 5.00pm

Stanhope Health

35 Birdwood Ave, Stanhope VIC 3623
Ph. (03) 5857 0451
Email. comhealth@kyhealth.org.au
Monday, Tuesday, Thursday, Friday;
8.30am to 5.00pm

Tongala Health

37 Mangan St, Tongala VIC 3621
Ph. (03) 5857 0245
Email. chtongala@kyhealth.org.au
Monday; 10.00am to 2.00pm
Wednesday, Thursday, Friday; 8.30am to 5.00pm



Our Values
Empathy
Wellbeing
Community

**Nutrition &
Dietetics
Service**

www.kyhealth.org.au

**Healthy Community.
Local Care.**



Consumer Approved



**KYABRAM DISTRICT
HEALTH SERVICE**

What is a dietitian?

Dietitians apply the science of human nutrition to help people understand the relationship between food and health. This empowers people to make dietary choices to attain and maintain health, and to prevent and treat illness and disease.



What is the difference between a dietitian and a nutritionist?

The key difference between a dietitian and a nutritionist is that a dietitian has undertaken a course of study that has included substantial theory and assessed professional practice in clinical nutrition, medical nutrition therapy and food service management, in addition to human nutrition.

In Australia, all dietitians are considered nutritionists but nutritionists without a dietetics qualification cannot take on the specialized role of a dietitian.

Dietetic Services available for;

- Acute care patients
- Aged care residents
- Community outpatients
- Health promotion activities
- Group education:
 - Cardiac rehabilitation
 - Pulmonary rehabilitation
 - Diabetes

What can the dietitian help me with?

Nutritional advice and education in regards to a range of conditions including;

- Diabetes (pre-diabetes, type 1, type 2 or gestational diabetes)
- Weight management
- Food intolerances or allergies
- High blood pressure and/or cholesterol levels
- Polycystic ovarian syndrome
- Gastrointestinal conditions e.g. irritable bowel syndrome, crohns disease, diverticular disease
- Antenatal/postnatal nutrition
- General nutrition advice/healthy eating

How can I see a dietitian?

- Any health professional can refer you to a dietitian.
- You can contact us on **03 5857 0200** and request a copy of our self-referral form.

Our dietitians are Accredited Practising Dietitians (APDs) who undertake ongoing training and education programs to ensure that they provide current evidence-based nutrition information.

APD is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia.

Accredited
Practising
Dietitian

