

A woman in a red shirt and orange apron is cutting a woman's hair. The woman being cut has a surprised expression. The background is a blurred hair salon.

**You wouldn't  
use an unqualified  
hairdresser...**

**...so why take diet advice from someone  
who is unqualified and unregistered?**

**Ask for a dietitian!**

Experts led by evidence.

**Trust  
Dietetics**

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