

Dietitians



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Don't just tell you to lose weight

Don't stop you from eating what you love

Don't make assumptions about you & your body

Do offer support and practical advice ✓

Do use the most up-to-date evidence ✓

Do prevent disease through food and nutrition ✓

Do help you live a happy and healthy life ✓

bda.uk.com/DietitiansAndMe

**Trust
Dietetics**

Experts led by evidence.



Food Fact Sheets



FREE evidence-based information covering 60+ diet-related topics.



Written by specialist dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy.



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The Association of UK Dietitians

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