

# What could a first contact dietitian do for you?

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



**FIRST CONTACT**

**Dietitian**

# Dietitians can help you with a range of things:

Tummy problems, such as IBS

Food allergies or intolerances

Managing medical conditions such as high blood pressure

Putting on weight lost due to illnesses or eating difficulties

Losing weight

Managing your diabetes – Type 1 or Type 2

Support with feeding your baby or child

and much more...ask your GP surgery for an appointment with a first contact dietitian

Find out more at [bda.uk.com/whatedietitiansdo](http://bda.uk.com/whatedietitiansdo)