



# Dietitians

✗ Don't stop you from eating what you love

✗ Don't make assumptions about you & your body

✗ Don't just tell you to lose weight

✓ 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

Experts led by evidence.

# Trust Dietetics

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**BDA** The Association of UK Dietitians