

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

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

Anyone can share nutritional advice. But facts, not fads matter. Dietitians are regulated healthcare professionals that use evidence-based information about food and nutrition to help you feel better and live a long and healthy life.

Choose experts led by evidence.

**Trust
Dietetics**



[bda.uk.com/
DietitiansAndMe](https://bda.uk.com/DietitiansAndMe)

BDA The Association
of UK Dietitians