What could a dietitian do for you?

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

Could you benefit from seeing a dietitian?

Dietitians can help you with:

- IBS and tummy problems
- Medical conditions like high blood pressure, cardiovascular & COPD
- Eating disorders
- Problems feeding your baby or child
- Food allergies & intolerances
- Diet and the menopause
- Putting on weight lost due to illness
- Losing weight
- Putting on weight lost due to eating difficulties or old age
- Managing diabetes: Type 1 & 2
- Medical conditions like high blood pressure, cardiovascular & COPD
- Eating disorders
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and much more...ask your GP for a referral to a dietitian or visit bda.uk.com/whatdietitiansdo