

What **your dietitian** thinks about...

Dietitians are experts in nutrition. They apply science and evidence to your personal circumstances to prevent or treat disease and improve health and wellbeing. They will consider a range of factors about you to work towards helping you make the right food choices.

AGE AND GENDER



BODY IMAGE



ACTIVITY LEVEL



WORK PATTERN



FOOD/NUTRIENTS



EXISTING MEDICATION



FAMILY & LIFESTYLE



ABILITY



CULTURE



RELIGION & BELIEFS



YOUR BODY SIZE



TASTE & EATING HABITS



SYMPTOMS & CONDITIONS



YOUR ENVIRONMENT



COOKING SKILLS



YOUR MENTAL WELLBEING



Find out more at bda.uk.com/whatdietitiansdo