



## About Dietitians

**Dietitians** help you to improve your health, wellbeing and prevent illness through good nutrition. They can translate scientific information about nutrition into practical dietary advice and tailor an eating plan based on your individual factors (age, medical history etc).

**Dietitians** can help with a range of health problems and chronic diseases such as:

- unplanned weight loss or gain
- a restricted diet eg gluten free, vegetarian, dairy free
- high cholesterol
- heart burn (reflux)
- allergies/intolerances
- diabetes (high or low blood sugars)
- stomach cramps, bloating, nausea and vomiting
- vitamin and mineral deficiencies
- constipation
- wounds that won't heal
- easily broken bones
- dry mouth
- fatigue, low energy and dietary deficiencies

They will recommend practical solutions for:

- maintaining optimal health and energy levels
- balanced nutrition
- personalised meal planning and preparation
- grocery shopping
- reading nutritional labels
- keeping food safe to eat
- portion control
- fluid intake
- healthy eating on a budget
- reducing the risk of chronic disease eg cancer, diabetes and heart disease
- sports



Dietitians are able to prescribe:

- nutritional supplements
- tube feed formulas
- vitamin and mineral supplements

### What's the difference between a Dietitian and Nutritionist?

**Dietitians** are health professionals registered under the Health Practitioners Competence Assurance act 2003 and meet standards required by the NZ Dietitians Board.

Dietitians have a science degree in human nutrition as well as a postgraduate Diploma or Masters in Dietetics. By law, a Dietitian must hold a NZ current practicing certificate, participate in a continuing competency programme and adhere to a code of ethics.

**Nutritionists:** The term nutritionist is not protected and can therefore be used by anyone regardless of qualifications. Nutritionists who meet set criteria are able to become registered Nutritionists with the Nutrition Society of New Zealand.

Therapy Professionals has a Dietetic service, so if you need help you just call us we come to you.

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