



## Dietitians Day

**Dietitians** help you to improve your health and 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
- high cholesterol
- heart burn
- allergies/intolerances
- diabetes
- high blood pressure
- loose bowel motions
- constipation
- wounds that won't heal
- easily broken bones
- dry mouth



They will recommend practical solutions for:

- maintaining health
- balanced nutrition
- personalised meal planning and preparation
- grocery shopping
- reading nutritional labels
- good food hygiene
- portion size
- fluid intake
- healthy eating on a budget
- reducing the risk of chronic disease eg diabetes and heart disease

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

**Dietitians** are registered under an Act of Parliament. They 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, to practice, a Dietitian must hold a NZ current practicing certificate, participate in a continuing competency programme and adhere to a code of ethics.

**Dietitians** are able to prescribe nutritional supplements and vitamin and mineral supplements.

**Nutritionists:** The term nutritionist is not protected and can therefore be used by anyone regardless of qualifications. Nutritionists that 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, just call us we come to you.*

## Therapy Professionals Ltd

**Phone:** (03) 377 5280

**Fax:** (03) 377 5281

**Email:** [admin@tpl.nz](mailto:admin@tpl.nz)

