






## About Dietitians Australia

Dietitians Australia is the peak body for dietetic and nutrition professionals in Australia.

Visit [dietitiansaustralia.org.au](https://dietitiansaustralia.org.au) for practical and reliable nutrition information, healthy recipes and to find an Accredited Practising Dietitian.

-  (02) 6189 1200 or 1800 812 942
-  [info@dietitiansaustralia.org.au](mailto:info@dietitiansaustralia.org.au)
-  [dietitiansaustralia.org.au](https://dietitiansaustralia.org.au)

# Improve your health with an Accredited Practising Dietitian

## Find an APD



Go to **'Find a Dietitian'** at [dietitiansaustralia.org.au](https://dietitiansaustralia.org.au) or call 1800 812 942

Search online for an **'Accredited Practising Dietitian'**

Always check the qualifications of a dietitian when choosing who to see for nutrition advice. Look for the letters APD after their name, or the APD logo.

### Your Accredited Practising Dietitian:





## How a dietitian can help you

Dietitians give practical, easy-to-follow advice. They'll help you understand how to improve your nutritional health.

An Accredited Practising Dietitian (APD) can help you manage health conditions, such as:

- diabetes
- eating disorders
- food allergies and intolerances
- gastrointestinal diseases
- heart disease
- malnutrition
- obesity
- renal disease

They can also help you manage your wellbeing at different stages of life, such as pregnancy, menopause and ageing.

Dietitians understand how nutrition affects the body and use this knowledge when treating you. Using the latest scientific information, dietitians partner with you to develop a personal plan to meet your needs.

Dietitians work in settings such as private practice, community health centres, aged-care facilities and hospitals. They see clients face-to-face and via telehealth. They also run group education sessions.

In a world of false claims and unfounded nutritional advice, you can be confident that the advice you receive from an Accredited Practising Dietitian (APD) is solid and dependable.

## What is an Accredited Practising Dietitian?



If a dietitian holds the Accredited Practising Dietitian (APD) credential, you can be assured of their commitment to best practice.

Accredited Practising Dietitians are university educated and qualified to deliver evidence-based services. Recognised university qualifications are one of the things that sets APDs apart from nutritionists.

APDs don't apply a one-size-fits-all approach. They understand what works for one person may be different to what works for you.

It's at this individual level that an APD can help. They consider the whole person – each person's medical history, as well as their needs, goals, preferences and lifestyle.

APDs offer many services to suit your needs, including:

- assessing nutrition needs
- developing personalised eating plans for health conditions

- providing nutrition counselling and support
- educating on healthy eating and food preparation
- providing advice to organisations, schools and healthcare facilities.

## Why choose an APD?

APDs are university-qualified experts. They must take part in ongoing education and follow a code of conduct.

The advice you get from an APD will be up to date and designed to help your specific needs.

APDs are the only recognised nutrition professional able to provide dietetic services under Medicare, the Department of Veterans' Affairs and most private health funds.

To ensure you consult the most qualified nutrition professional, ask if they hold the APD credential or look for the APD logo.

## Help with costs

The fees you can expect to see a dietitian can vary. When you visit an APD you may be eligible for assistance from Medicare, your private health fund, the Department of Veterans' Affairs, the National Disability Insurance Scheme (NDIS) or your compensation fund.

For more information on fees and referrals, contact your local APD.