

# NEDA SABETI



ACCREDITED DIETITIAN  
AND SPORTS DIETITIAN

## About Me

Neda is an Accredited Practising Dietitian with a broad range of experience providing evidence-based nutrition care within residential aged care facilities, mental health hospitals, the NDIS, and community nutrition programs for children.

Neda holds a Bachelor of Applied Science in Exercise and Sport Science and Master of Nutrition and Dietetics from the University of Sydney.

Additionally, Neda is recognised as an Accredited Sports Dietitian by Sports Dietitians Australia, further enhancing her expertise in optimising nutrition for athletes and sports teams.

## Specialties

- NDIS (specifically ID)
- Athletes and Athletic Performance
- Women's Health
- Body Composition and Weight Loss

## Mission Statement

Neda became a dietitian because of her love for food, science and health. She believes everyone's diet and nutritional needs are different, and focuses on providing individualised, holistic and sustainable evidence-based care to help meet one's overall health goals.



[nedasabeti.b2megmail.com](mailto:nedasabeti.b2megmail.com)



02 7259 6181