














Dietitians can help in a wide variety of areas.
Here are just some of the things a dietitian can
work with you on...

-  you would like to eat a healthier diet/assess how healthy your existing diet is
-  you want to or need to lose weight in a safe and sensible way
-  you want to improve athletic performance or food choices for fitness training
-  you want advice about breastfeeding and weaning
-  you need to put weight on following ill-health or as the result of a medical condition
-  you think you have an allergy or intolerance to a certain food
-  you would like advice about eating disorders
-  you suffer with digestive problems
-  you have been diagnosed with a medical condition including (but not limited to diabetes, coeliac disease, high blood pressure, cardiovascular disease, HIV)
-  you have oral, enteral or parenteral nutrition requirements
-  your child has specialised nutritional requirements
-  you are a carer and want credible and practical advice to ensure the person/s you are caring for is getting the appropriate nutrition in their diet.

How can I see a registered dietitian?

 contact your local hospital or GP surgery

 search for a private dietitian on the
website run by the BDA Freelance
Dietitians Specialist Group
freelancedietitians.org

bda.uk.com

Want to be a dietitian?

Find out
everything you need
to know about
becoming
a dietitian
on the careers
pages of the
BDA website.

bda.uk.com/careers