



What does a Dietitian do?

About Us

We provide high quality, person-centred nutrition care, to people of all ages and backgrounds.

We work from a weight neutral, trauma-informed and diversity affirming framework.

We empower people to build a relationship with food and their body that can serve them throughout the changing seasons of their lives.



Who we See

Our Dietitians have a diverse range of experience and can provide support to children and adults with a range of disabilities and health conditions. Some of these include:

- Diabetes
- Fussy Eating
- Coeliac Disease
- Irritable Bowel Syndrome
- Autism
- ADHD
- Weight Concern
- Intellectual Disability
- Developmental Delay
- Motor Neurone Disease
- Parkinson's
- Osteoporosis

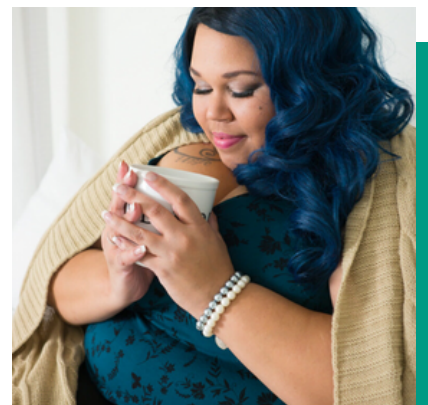


Weight Neutral Practice

We are a Health At Every Size (HAES) verified provider and work from a weight-neutral and size-inclusive framework of care.

We believe that health is a dynamic resource. People in all body shapes, sizes and abilities deserve access to healthcare.

We work with people to develop positive health behaviours, without the goal of weight loss.

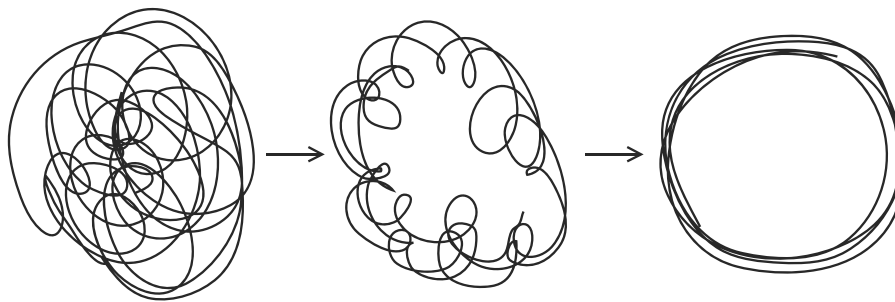


If not weight loss, then what?

We can support lots of different goals:

- ✓ Learning about nutrition for medical conditions, chronic illness or general wellbeing
- ✓ Learning to read labels and shop for groceries
- ✓ Developing meal planning skills that suit an individual's brain and lifestyle
- ✓ Creating a positive eating environment for families
- ✓ Eating disorder recovery and building a positive relationship with food/body
- ✓ Planning for and managing tube feeding or other types of nutrition support like supplements

We are innovative problem solvers, working with clients, families and their teams to achieve the best outcomes for wellbeing.



Contact Us



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Learn More

