



Dietetics

Specialists in nutrition information, dietary advice and plans to help people improve their health.

Dietitians provide free nutritional assessment and diagnosis, education, and care with aim to improve dietary related diseases and conditions and to improve overall health. We assist our clients to make informed lifestyle choices, enable self-management and provide ongoing dietary support and management.

Who is it for?

Nutrition consultations for a variety of conditions and diseases to people across all life stages, including;

- General healthy eating advice
- Weight loss (obesity)
- Malnutrition
- Chronic Disease Management including diabetes management and cardiovascular disease (correcting blood lipid profiles and hypertension).
- Food intolerances/allergies (e.g., gluten, lactose, nuts) and irritable bowel syndrome
- A wide range of other conditions such as Gastro-Oesophageal Reflux Disease, Crohn's Disease and Diverticulitis, Osteoporosis, constipation, diarrhoea, and healthy growth and development for children.

Services:

- Nutritional assessment and diagnosis
- Ongoing nutritional education and management
- Individualised 1:1 nutrition support
- Telehealth and face-to-face consultations

How to access:

If you would like to have a consultation with our Dietitians, make an appointment with your GP and ask for a referral to Country & Outback Health. After getting a referral from your doctor, you will be offered a 1-hour initial appointment and ongoing support as you need.

Locations:

Ceduna, Cleve, Coffin Bay, Cowell, Cummins, Elliston, Kimba, Lock, Streaky Bay, Tumby Bay and Wudinna