

## Our Services

Wheatbelt Health Network (WHN) is a not for profit health organisation that delivers primary health care and mental health services throughout the Wheatbelt, WA.

Our Dietitian provides individualised health consultations in a safe and supportive environment to positively impact your health and wellbeing.

Services are currently offered in Northam, York, Toodyay, Goomalling, Beverley, Quairading

## How to access the Service

See your GP to obtain a referral or a GP Management Plan. Patient Services Officers will contact you to make a appointment.



## Contact our Dietitian

Wheatbelt Health Network,  
25 Holtfreter Avenue Northam

Phone: 9621 4444,  
Northam@wheatbelt.com.au  
www.wheatbelt.com.au

## Useful links

Dietitians Association of Australia  
<http://daa.asn.au/>

Live Lighter  
<https://livelighter.com.au/>

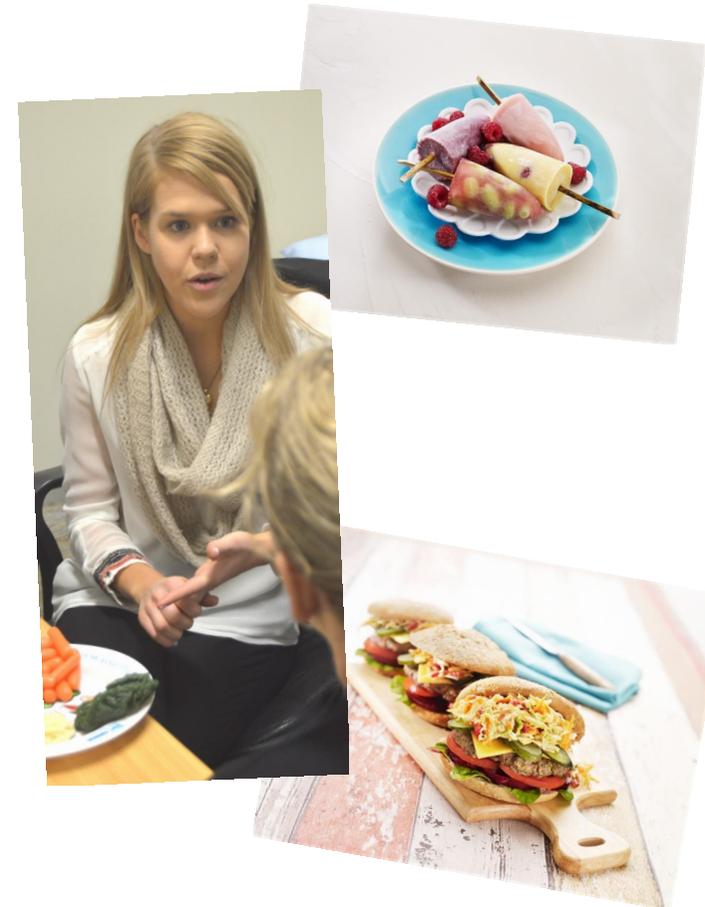
Accredited  
Practising  
Dietitian



**WAPHA**  
WA Primary Health Alliance



## Nutrition and Dietetic Services



**WHEATBELT HEALTH NETWORK IS PROUD TO BE A  
NOT FOR PROFIT ORGANISATION**

## Services

Our Dietitian will provide specialised education and self-management strategies to assist with nutritional management of your individual health concerns.

Dietitians offer support and clinical care to promote physical, social and psychological wellbeing to achieve health and lifestyle goals and improve quality of life.



## How can Dietitians help?

- Assess your nutritional status
- With specific dietary needs and concerns (e.g. Coeliac Disease, Diabetes)
- Understand food labels, food preparation and cooking methods
- Develop individualised meal plans
- Perform body composition analysis
- Include physical activity to compliment your nutrition goals.

## Why might I see a Dietitian?

A healthy lifestyle including nutritious food, regular exercise and enjoyment of life is a valuable medication for many health concerns:

- Unexpected weight loss or poor appetite
- Weight loss strategies
- Understanding a diet for Diabetes
- Liver Disease
- Kidney Disease
- Cancer
- Heart Disease
- Nutrient deficiencies
- Food Allergies or Intolerances
- FODMAP's, IBS, Diarrhoea and Constipation
- Sports Nutrition.



## What to expect on your first visit..

Your Dietitian will discuss your health concerns and symptoms and provide an in-depth dietary assessment, translating scientific health and nutrition information into practical education and advice.

Together, you will create a plan and set individualised goals to improve your nutrition and enhance your wellbeing.



Your dietitian will assist you to stay on track with your goals, offering support, further guidance and review consultations.

Educational resources, dietary supplements\* and access to exciting nutritional events or education material can be provided.