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 an 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

Our Services
WHEATBELT HEALTH NETWORK IS PROUD TO BE A NOT FOR PROFIT ORGANISATION
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.

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.

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.

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

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