



Health through nutrition

Reach your health goals with personalised nutrition advice from our Dietitians

The Nutrition and Dietetics team at Griffith Health clinics are dedicated to delivering evidence-based dietary advice to help clients achieve their health and wellness goals. Our team of friendly Accredited Practising Dietitians (APDs) are trained in the effective treatment and management of a range of conditions and look forward to supporting you to reach your health goals.

Let our experienced dietitians help you with:

- personalised nutrition and dietary advice
- gut health
- healthy eating for the whole family
- weight management and maintenance strategies
- child and adolescent health
- women's and reproductive health (pregnancy to post-menopause)
- nutrition for sports performance
- life-stage health advice for children, adults and the elderly
- eating disorders
- nutrition for cancer survivorship.

Receive evidence-based dietary advice for the effective treatment and management of:

- heart disease (reducing cholesterol, lowering blood pressure)
- Type 1 and Type 2 Diabetes
- food allergies and intolerances
- inflammation and autoimmune diseases
- gastrointestinal disorders such as irritable bowel syndrome (IBS) and inflammatory bowel disease (Crohn's and ulcerative colitis).
- bowel symptoms such as constipation and incontinence

Phone 1800 188 295
griffith.edu.au/healthclinics

Benefits to seeing a Dietitian

Nutritional management from a qualified health professional has been shown to be effective in improving physical and mental health in the following ways;

- Improving blood sugar management and control in people with diabetes.
- Normalising cholesterol levels in the blood.
- Achieving long term weight-loss or stabilisation of healthy weight.
- Accomplishing patient goals and building positive relationships with food.

Fees

Type	Initial (45-60min)	Review (20-30min)
Standard	\$100	\$60
Concession card holder*	\$70	\$55
Chronic disease management#	\$80	\$60
Senior student\$	\$30	\$20

*Clients must hold a Health Care Card or DVA concession card to be eligible.

#Clients must have a valid Chronic Disease Management Care Plan from their GP

\$ Student practitioners are available for a reduced rate at various times throughout the year.

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 GriffithHealthClinics

Griffith Health Clinics - Dietetics

Where to find us

Centrally located on the Gold coast, the Griffith Health clinics are conveniently located with free parking onsite or catch the G:link to Griffith University Hospital Stop.

From the tram station, walk up the steps and head towards the health building (G40), where our clinic is located on level 4.

