

# Dietitian: Let's yarn about food

## What is a dietitian?

A dietitian is a health professional who has trained at university to understand how your body works and how food and drink affects your health. They can help you learn about good food and your body.

Our dietitian can help you to manage your:

- Diabetes
- Heart disease
- Cholesterol
- High blood pressure
- Weight (losing or gaining weight)
- Stomach and gut problems
- Nutrition needs for growth
- Nutrition needs for sports
- Food intolerances
- Disordered eating

If you would like to yarn with the dietitian to ask any questions about your food and good health, we'd love to meet you.



Free service

Transport available



Karratha Central Healthcare acknowledges the Ngarluma People as the traditional custodians of the lands that we operate on within the City of Karratha. We respect the cultural connection that Ngarluma families have to these ancient lands.