

Our Services: Dietetics



patches

Our dietitians are experts in food and nutrition, providing evidence-based dietary advice and interventions to individuals across all ages, creating tailored nutrition plans to help you meet your individual health needs and lifestyle goals.

WHAT DO ACCREDITED DIETICIANS DO?

Dietetics plays a crucial role in promoting health and well-being. By leveraging the expertise of dietitians, individuals can achieve better health outcomes, prevent diseases, and improve their overall quality of life. Whether you are looking to manage a chronic condition, achieve a healthier lifestyle, or simply improve your eating habits, consulting a dietitian can provide you with the guidance and support you need.

WHAT ARE THE BENEFITS OF DIETETIC SUPPORT?

The benefits of a balanced, nutritious diet are numerous. Here are some of the ways we can help you to live a healthier, happier life:

Chronic Disease Management



Effective dietary interventions can assist with the prevention & treatment of a range of conditions i.e., diabetes, hypertension, and high cholesterol.

Mental Wellness



A balanced diet can assist with the prevention and treatment of a range of mental health conditions.

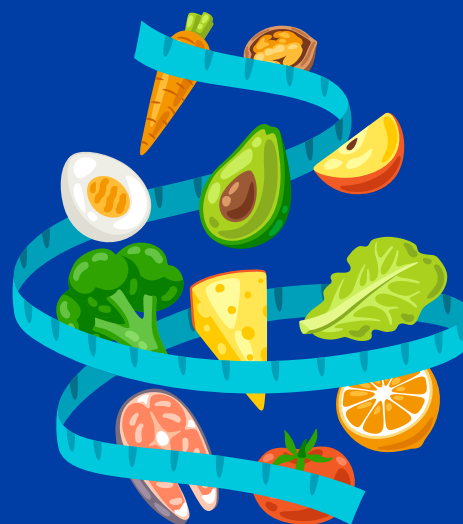
Dietary Preferences & General Nutrition



We can provide guidance on navigating food allergies, sensitivities and overall nutritional understanding and development of meal plans.

WHO CAN ACCESS THIS SERVICE?

Our dietetics services can be accessed by individuals of all ages. Our services are available in-person, individually or in groups, as well as via telehealth.



HOW ARE SESSIONS FUNDED?

Patches' Dietetic services can be funded through Medicare as well as through the NDIS for certain conditions.

Patches also offers private billing.

MAKE A REFERRAL

To make a referral, please scan the barcode, or contact us at:

E: hello@patches.com.au

T: 1300 111 728

W: www.patches.com.au



Scan to book online



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