



# THE NUTRITION CLINIC

## Eating for health

Would you like personalised nutrition advice for general healthy eating, fitness or managing a health condition? ECU Master of Nutrition and Dietetics students are providing free 70-minute dietetics consultations for adults, under the supervision of an Accredited Practising Dietitian.

### You'll receive:

- ✓ Individual dietary consultations
- ✓ Detailed nutritional assessment
- ✓ Personalised nutrition advice and education to meet your individualised health needs
- ✓ Support for the achievement of personalised nutrition goals
- ✓ Review appointments

Please note: as the consultations are run by student dietitians, we cannot accept clients where: the person has Type I Diabetes Mellitus; are receiving enteral or parenteral nutrition; has an acute or complex medical condition requiring specialised dietetic management (e.g., renal failure, liver disease); an eating disorder; or is under 18 years of age.



To be considered for an appointment,  
please scan or click on the QR code  
to complete our online form.

School of  
**Medical & Health Sciences**

