

Individualised advice from an APD

Accredited Practising Dietitians (APDs) working in private practice, community health centres and hospitals, provide dietary advice and nutrition education that considers your needs, goals and preferences as well as the body of scientific evidence.

Rebates

Most private health funds provide rebates for people who visit an APD as a private patient. A referral is not necessary to see an APD as a private patient, but it is needed to see an APD under Medicare and Department of Veterans Affairs.

Your general practitioner will coordinate these referrals.

Medicare provides rebates for APD visits to treat chronic health conditions such as diabetes, obesity and heart disease.

For more information on fees and referrals, contact your local APD.

See daa.asn.au or call 1800 821 942 to find an Accredited Practising Dietitian in your area.

For all things nutrition, find an Accredited Practising Dietitian



What is the Dietitians Association of Australia?

The Dietitians Association of Australia is the leading voice in nutrition and dietetics, with a mission of supporting members, advocating for our profession, and building healthier communities.

Visit *Smart Eating for a Healthier You* at daa.asn.au for up-to-date practical and reliable nutrition information, healthy recipes and to find an Accredited Practising Dietitian.

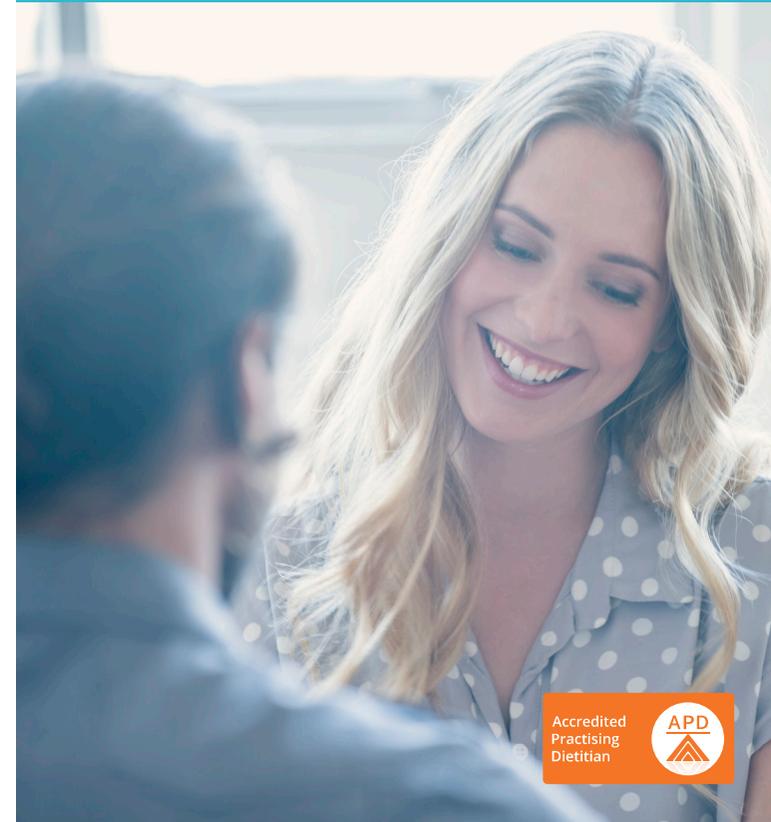


For further information

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Your Accredited Practising Dietitian

Accredited Practising Dietitians: your nutrition professionals



What is an Accredited Practising Dietitian?

Accredited Practising Dietitians (APDs) are university-qualified nutrition professionals that undertake ongoing training and education to make sure they are your most up-to-date and credible source of nutrition information. APDs are the most qualified healthcare professionals to provide tailored nutrition and dietary advice, and they are the only nutrition professionals recognised by the Australian Government and Medicare.

APDs assess nutritional needs and use 'Medical Nutrition Therapy' to help people manage their health through food choices. APDs help treat a wide range of medical conditions including diabetes, heart disease, cancers, gastrointestinal diseases, food allergies, food intolerances, disordered eating, and overweight and obesity.

APDs have the skills to:

- Assess individual nutritional needs
- Develop personalised eating plans
- Deliver group nutrition education sessions
- Sort out nutrition fact from fiction
- Undertake nutrition and food research
- Develop nutrition communications, programs and policies.

Why is an APD the best choice?

We all want to make better food choices and take care of our health, but knowing how to do this can be a challenge. An APD can help you overcome this challenge by assessing your health and nutrition status and translating scientific information about nutrition into practical advice, so that you can make positive change to your eating habits.

An APD can help you to:

- Control your diabetes or choose low GI food
- Lose or gain weight
- Manage your food allergy or intolerance
- Optimise sports performance
- Lower your blood pressure or cholesterol
- Implement a therapeutic diet following surgery or hospital admission
- Ensure your child or teenager is meeting their nutritional requirements
- Plan a balanced diet if you need to have texture- modified food
- Ensure you're meeting your nutrition targets for vitamins, minerals and other key nutrients
- Learn how to read food labels when shopping and choose the best options when eating out.



Your health is important: trust an Accredited Practising Dietitian

APDs undertake a minimum four year university degree so you can be confident you are receiving the best possible dietary advice, based on the latest nutrition research and evidence-based practice. As leading nutrition experts, APDs are committed to DAA's Code of Professional Conduct and Statement of Ethical Practice, which assist in ensuring APDs only do what is best for their patients, clients, and the community.

To be sure you consult the most qualified nutrition professional, ask if they hold the APD credential or look for the APD logo.



How do I know if my health professional is an APD?

To check if your nutrition professional is an APD:

- Look for the letters 'APD' after their name, or the APD logo
- Check out 'Find an Accredited Practising Dietitian' at daa.asn.au
- Call the APD hotline 1800 821 942.