

# Nutrition & Dietetics



*Supporting Adults to:*

- \* **Optimise health**
- \* **Be informed about nutrition and hydration**
- \* **Feel confident with food choices**

## A Dietitian can help you:



Choose foods that are right for you



Eat and drink safely



Teach carers how to support your food and drink needs



Manage some health conditions with specialist diets



Help you understand how food choices affect your health



Help you to become more involved in your food choices



Manage and monitor your weight



Make decisions about feeding tubes if needed