Find an extraordinary dietitian this Dietitians Day - Media release

Leading Accredited Practising Dietitian (APD), Laureate Professor Clare Collins calls for all Australians to take the guesswork out of eating for health and to go see their local dietitian, as the nation celebrates Dietitians Day, today, Friday 26 March.

Over 7700 Dietitians Australia members are getting involved both in-person and on social media to recognise the day and the extraordinary dietitians who are building healthier communities.

As a part of the Dietitians Day celebrations, Clare highlights her vision for the profession in Dietitians Australia's latest 'I'm a Dietitian' podcast episode.

"When it comes to food and nutrition, I encourage every Australian to make their local APD their first port of call. We don't think twice about going to see our accountant for taxes, or getting our cars serviced by a mechanic – and this shouldn't be any different when it comes to food and nutrition related health," said Clare.

"Dietitians translate nutrition evidence into practical advice for every Australians, and with more than four years of university training, there is no other professional who's more qualified to help."

With so much nutrition information readily available, it can be confusing to work out which foods are right for you – particularly if you are working towards a goal or managing a health condition. This is where seeing your dietitian can help you save time and money.

"From everyday eating for good health through to using food to help treat and manage a medical condition – a dietitian has the know-how about foods to choose and provides support

for changing eating patterns."

"You might think your dietitian can only prescribe 'diets' – the reality is, that's just a small part of a dietitians toolbox."

"Whether you're after individual advice, looking to improve your sporting team's performance, want to encourage workplace wellness, or ensure a new food product packs a nutritional punch – APDs have the solutions to food and nutrition issues affecting you, your workplace or community."

For those interested in learning about the profession, Clare also talks through her career journey. Reflecting on a 40-year career as an APD – with a wealth of clinical experience, making an outstanding impact on nutrition research and undertaking thousands of media interviews to share 'easy-to-digest' nutrition information with the public, Clare shares some advice for her younger self.

"Dietitians can be extraordinary at any stage of their career – it's just about saying yes to opportunities that encourage you to step outside your comfort zone."

"There's going to be a few roadblocks along the way and the key is not to let this divert you. Take it as a learning experience and find out how you take these learnings into the future," said Clare.

ENDS

Media enquiries

For media enquiries and interviews, contact our Media Officer on 0409 661 920.

Note to editors: Dietitians Australia is the leading voice of nutrition in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.