

# 10 things you probably didn't know about dietitians

It's the first day of [#DietitiansWeek2023](#), the week we celebrate over 8500 dietitians and students and their important role in supporting the health and well-being of all Australians. Accredited Practising Dietitians lead the way when it comes to food and nutrition advice, but [how much do you know about them?](#) Here are 10 things you might not know about our most qualified food and nutrition professionals.

- 1. Dietitians are not the food police.** In fact, dietitians are committed to supporting people to develop long-lasting, healthy relationships with food. There are no best diets, or one-size fits all approaches when it comes to nutrition. [Finding a dietitian](#) you connect with and trust to support your individualised nutrition needs is one of the most powerful proactive steps you can take for your health.
- 2. Dietitians care about your poo.** Be prepared, and don't be ashamed to talk about your experience on the toilet with a dietitian. Describing your bowel movements and habits can help open a wealth of information about your digestion and overall nutritional status. Whether you need more fluid or fibrous foods, dietitians can help you achieve the balance you need to have your best bowel movements.
- 3. Dietitians can save you dollars.** Dietitians can help you save money on your food bills and help reduce food waste in your household. Dietitians help people to develop meal plans and strategies to meet their nutritional needs. When meals are planned out well, and you are only buying what you need, you'll spend less and waste less.
- 4. You are never too young or too old to see a dietitian.** Dietitians work with people across their life span, from infancy through to ageing. Whether it is supporting you as a baby through

introducing solids, working through food allergies and intolerances later in life or supporting your texture modification needs as you live through older age.

**5. Dietitians can help you feel better in your body and mind.** Dietitians do far more than help you improve your eating habits. Through nutrition therapy, a dietitian can help you improve your concentration, sleep, stress management and mental health. Food has an incredibly powerful impact on our mood, and working with a dietitian helps you take advantage of that.

**6. Dietitians care about your culture.** Dietitians know that managing diet and nutrition as part of a fulfilling, enriching life is about far more than just food. Food is a centrepiece of culture. Dietitians are committed to supporting Australians with their cultural values and needs while ensuring their health and well-being.

**7. Dietitians treat a broad range of health conditions.** Dietitians support Australians living with diabetes, kidney disease, gastrointestinal issues, swallowing issues, and oral health, mental health and more. You'll find dietitians in Australia in a range of settings from hospitals, community health settings, private practice, universities, corporate businesses and within the food industry.

**8. Sports dietitians aren't just for athletes.** There are many Australians who are highly active and may have higher nutritional requirements to maintain their energy needs. If your work is physically demanding or you commit to a regular gym or workout schedule, a sports dietitian can help you continue to perform and feel at your best.

**9. Dietitians and nutritionists aren't the same.** In Australia, the most qualified and regulated diet and nutrition professional is an Accredited Practising Dietitian. All Accredited Practising Dietitians can call themselves nutritionists, but nutritionists without a dietetics qualification cannot call themselves a dietitian. [To ensure your provider is an Accredited Practising Dietitian, check our APD register.](#)

**10. Dietitians are continuous learners.** Evidence on diet and nutrition is continually evolving. Accredited Practising Dietitians are dedicated and committed to staying on top of the most up to date nutrition evidence. In Australia Accredited Practising Dietitians are regulated by Dietitians Australia, must adhere to a code of conduct and meet annual continuing professional development requirements to maintain their accreditation.

**To develop a food and nutrition story with the leaders in food and nutrition, source case studies or explore an area of interest, contact Dietitians Australia Media Manager, Amy Phillips on 0409 661 920.**

Note to Editors: Dietitians Australia is the leading voice in nutrition and dietetics 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. For more information, including Dietitian Australia's media releases and position on topical nutrition issues, visit [dietitiansaustralia.org.au](http://dietitiansaustralia.org.au).