



# Boost your health by talking to an Accredited Practising Dietitian

## What is an Accredited Practising Dietitian?



Accredited Practising Dietitians (APDs) are qualified health professionals with specialised expertise in food and nutrition, distinguished by their advanced clinical training and regulated practice.

APDs are recognised under Medicare, Department of Veteran Affairs (DVA), the National Disability Insurance Scheme (NDIS) and most private health funds.

They work across diverse settings, including private practice, community health centres, aged care facilities and hospitals.

APDs don't apply a one-size-fits-all approach. They understand what works for one person may be different to what works for you.

It's at this individual level that an APD can help. They consider you as a whole person, and take into consideration your medical history, as well as your needs, goals, preferences and lifestyle.

## How an APD can help you

APDs turn good intentions into great results - helping you navigate gut health, performance and everyday well-being.

They provide expert nutrition guidance and personalised strategies to help you address:

- diabetes
- eating disorders
- food allergies and intolerances
- gastrointestinal conditions
- heart health
- malnutrition
- weight concerns
- kidney disease
- and much more!

In a world full of nutrition myths and misinformation, you can trust that an APD offers credible advice backed by science.

APD services include:

- Assessing individual nutrition needs
- Developing personalised eating plans for specific health conditions
- Providing nutrition counselling and support
- Educating on healthy eating and food preparation
- Providing advice to organisations, schools and healthcare facilities.

## Help with costs

The fees you can expect to pay for a visit to an APD can vary.

Ask your GP about how you can lower your out-of-pocket expenses. You may be eligible for rebates for visits to an APD via:

- Medicare
- DVA
- NDIS
- your private health fund.

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

Always check the qualifications of a dietitian when choosing who to see for nutrition advice. Look for the letters 'APD' after their name, or the APD logo - like the one below.

## Your Accredited Practising Dietitian



## About Dietitians Australia

Dietitians Australia is the peak body for dietetic and nutrition professionals in Australia.



Visit [dietitiansaustralia.org.au](https://dietitiansaustralia.org.au) for practical and reliable nutrition information, healthy recipes and to find an APD.

 (02) 6189 1200 or 1800 812 942

 [info@dietitiansaustralia.org.au](mailto:info@dietitiansaustralia.org.au)

 [dietitiansaustralia.org.au](https://dietitiansaustralia.org.au)

## Find an APD

Use our 'Find a dietitian' tool to find an APD near you.

Scan the QR code below or go to

**'Find a Dietitian'** on

[dietitiansaustralia.org.au](https://dietitiansaustralia.org.au) or

call Dietitians Australia on:

- 02 6189 1200
- 1800 812 942

