



## NUTRITION FOR YOU, WITH A LITTLE HELP.

Do you want to manage your weight? Cholesterol? Blood sugar levels? Blood pressure? Do you need to learn how to eat a healthier diet? Have you been told by your GP or Specialist that you need to change your diet? Do you need nutrition help for an elderly parent?

We offer nutrition consults for science based nutrition education and individualized medical nutrition therapy

## NUTRITION WORKS. STAY HEALTHY... ENJOY LIFE!

Sessions include written materials based on your unique needs and availability to your dietitian anytime and anyday.

Initial session: \$95\* for 60 minutes

Follow up sessions: \$70\* for 30 minutes.

\* Ask your GP how you can get a \$52.95 discount for as many as 5 visits



*Daniella Di Benedetto Dietetics*

Accredited  
Practising  
Dietitian



Dietitians  
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ACCREDITING PRACTISING DIETITIAN



## I WANT TO BE THE BEST VERSION OF ME, HOW CAN A DIETITIAN HELP?

## BE EMPOWERED & TAKE BACK CONTROL

Daniella has a Masters degree in Nutrition and Dietetics, a Bachelor of Science in Biomedical Science and a Graduate Diploma in Exercise and Sports Science. She is a member of the Dietitians Association of Australia and has been an Accredited Practising Dietitian for 14 years while actively working in many facets of dietetics. Daniella is also an academic, with a history of lecturing in the Biomedical Science department at Swinburne University in Melbourne. Daniella was the recipient of the 2015 Deans Award For Teaching and Learning. Daniella's interests lie in clinical dietetics, in particular Bariatrics, where she is currently a reviewer for the Obesity Surgery Journal and she has co-written the DAA course on Medical Nutritional Therapy In Bariatrics. She is soon to embark on a PhD in this area. Other clinical interests include Gastrointestinal Disease, Renal Disease, Diabetes Mellitus, Nutrition Support, and malnutrition. She has worked in many hospitals, presented at Bariatric Conferences and to the Pharmaceutical Society of Australia, as well as writing articles for magazines including Women's Health and Fitness. Daniella places a high regard for ongoing up skilling and continued professional development in Best Practice Guidelines, and general clinical practice, in order to remain abreast of latest developments in treatment.

AN **APPLE** A  
DAY WILL KEEP  
 **ANYONE**   
AWAY, IF THROWN  
HARD ENOUGH

## IMPROVING OUTCOMES WITH MEDICAL NUTRITIONAL THERAPY

Accredited Practising Dietitians (APDs) are the experts in food and nutrition, and the only allied health professionals recognised by Medicare to provide medical nutrition therapy. APDs translate scientific nutrition information into personalised, practical dietary advice.

Weight management

Healthy eating: Preparation, recipes and/or sample menus, Shopping guidance

High blood pressure

High cholesterol or lipid levels

Heart disease: Coronary artery disease/post heart attack/heart failure

Diabetes: Type 1 and Type 2

Dysphagia

Unintended weight loss or malnutrition

Chronic kidney disease/dialysis

Food allergies/Intolerance

Referrals accepted from GPs, specialist physician or nurse practitioner. Self-referrals are also accepted



SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP IN YOUR LIFE. TIP TOE IF YOU MUST, BUT TAKE THE STEP.

