All dietitians are prevention experts

although the work they do may go by a different name

Mental III Health and Recovery:

Good nutrition plays a key role in preventing & managing mental ill health **Guidance during first 1 000 days:** Support healthy pregnancies, promote breastfeeding & appropriate infant feeding for healthy growth



Rehabilitation and Recovery:

Nutrition support provided to those who have been ill, to improve recovery & prevent hospital readmission



DietitiansdoPrevention





Optimising Health and Secondary Prevention:

Dietitian support during long-term health conditions improves quality of life & prevents complications





Public Health and Primary Prevention:

Promotion of good food choices to help the public stay healthy & prevent diet-related conditions

Healthy Conversations and Making Every Contact Count: Discuss related issues that impact health, like exercise, smoking & social factors







