

# What can a dietitian help with..?

Putting on weight lost due to eating difficulties or old age

IBS and tummy problems

Eating disorders

Losing weight

Problems feeding babies and children

Putting on weight lost due to illness

Medical conditions like high blood pressure, cardiovascular disease & COPD

Diet and menopause

Food allergies and intolerances

Managing diabetes type 1 & type 2

Icons: A scale, a person sitting, a first aid kit, a heart, a person with arms raised, a speech bubble, a document, a house, a bowl of salad, a pencil, a bed with a Z, a male symbol, a flag, a person running, a person, a head with gears, a fork and spoon, a person with a BDA lanyard, a person with a BDA lanyard, a person with a BDA lanyard, a person with a BDA lanyard.

Dietitians are experts in nutrition. They apply science and evidence to your personal circumstances to prevent or treat disease and improve health and wellbeing. They will consider a range of factors about you to work towards helping you make the right food choices.

Find out how a dietitian could help you. 



[bda.uk.com/DietitiansAndMe](http://bda.uk.com/DietitiansAndMe)