

YOUR DIETITIAN THINKS ABOUT...

**AGE &
GENDER**

**BODY
IMAGE**

**ACTIVITY
LEVEL**

**FOOD
& NUTRIENTS**

**WORK
PATTERN**

**MENTAL
WELLBEING**

**FAMILY &
LIFESTYLE**

ABILITY

**SYMPTOMS
& CONDITIONS**

**RELIGION
& BELIEFS**

**ENVIRO
NMENT**

**EXISTING
MEDICATION**

**COOKING
SKILLS**

**BODY
SIZE**

**TASTE &
EATING
HABITS**

CULTURE

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. 



 **Dietitians
Week**

bda.uk.com/DietitiansAndMe