

# NUP Allied Health Services

# DIETETIC

A dietitian is a specialised healthcare professional who uses scientific knowledge of food, health and nutrition to treat dietary and nutritional problems as well as help patients make suitable food and lifestyle choices.



**Please consult a doctor at our polyclinic to get a referral to see a dietitian.**

Our dietitian will provide you with personalised advice based on your nutritional needs so that you can better manage your medical condition(s) and recommend what you can improve on to lead a healthier lifestyle.

**Our dietitian can help you manage these conditions:**

- Allergies and food intolerances
- Weight management (all ages)
- Pre-diabetes and diabetes
- High blood pressure, high cholesterol and high triglycerides
- Gout
- Kidney disease
- Sudden weight loss and/or malnutrition
- Nutritional deficiencies  
(all ages, including pregnant and breastfeeding mothers)