Eat Right with an MQ Health Accredited Dietitian & Nutritionist

Our university qualified Accredited Dietitians can offer evidence-based nutrition advice to help ensure you are eating a healthy and well-balanced diet. They can also assist a range of population groups including athletes and those with existing chronic diseases (i.e. obesity, cardiovascular disease, gastrointestinal conditions, eating disorders and diabetes).

Our Accredited dietitians have undergone further training in sports nutrition, weight management, the non-diet approach, eating disorders and gastrointestinal health through both the University of Sydney and Monash University.

You can expect the following from a session with our Dietitians:

- A comprehensive initial assessment which takes into consideration your social, medical and family history, current medication taken, exercise regime, clinical factors (i.e. energy levels), a dietary and body composition analysis and most importantly an individually tailored meal plan and goals to meet your health and performance needs.

- Evidence based nutrition education which can answer all your concerns and ensure you are provided with correct and up to date information (we know, the internet is full of nutrition fads!)

- We also provide yummy recipes and snack ideas which are convenient and portable as we understand uni can get busy with assessments

- We want to support you throughout your journey, so we will provide monitoring and evaluation tools to ensure you maintain your health goals long-term!

- We have an awesome body composition analysis machine which provides data on the amount of body fat and muscle your body currently has! It is a much more accurate measurement when compared to a scale

- We want to provide the best care we can, so we work closely with university qualified exercise physiologists and psychologist to ensure all aspects of your health is optimised.

MQ staff can enjoy eating right and working towards their health goals with an MQ Health Dietician and/or Exercise Physiologist at the discounted rate of $120 (initial assessment) and $100 (ongoing appointments) for June, July and August.

Please contact Healthy Weight Clinic at hwc@mqhealth.org.au or on 98 122 941 to make a booking.