

How do I find an APD?

There are a number of ways to check if your nutrition adviser is an APD:

- Look for the letters APD after their name, or the APD logo.
- Check the 'Find an Accredited Practising Dietitian' section on the DAA website <www.daa.asn.au>.
- Telephone the APD hotline 1800 812 942.
- Check the *Yellow Pages* under 'Dietitian'.

What is a nutritionist?

'Nutritionist' is a non-accredited title that may be used by APDs as well as qualified nutrition scientists and graduates of nutrition degrees. There are no rules governing the use of this title, so people with limited nutrition training may also use it. Always enquire about the qualifications of a nutritionist.

What is the Dietitians Association of Australia?

DAA is the largest professional nutrition-focused body in Australia. DAA's mission is to support dietitians, and to promote better food, better health and better living for all. All APDs are members of DAA.

<www.daa.asn.au>

Visit the DAA website for everything you need to know about the organisation, for information on healthy eating, and to find an APD.

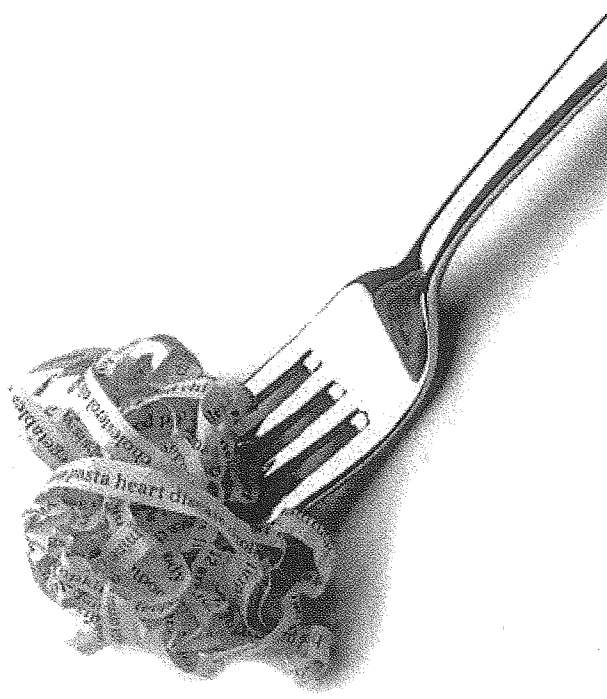
<www.smarteating.com.au>

DAA's *Smart Eating* website is a one-stop shop of up-to-date, practical and reliable nutrition information. Visit *Smart Eating* for healthy recipes and tips, nutrition from A to Z, a healthy eating self-assessment quiz and much more.

For further information

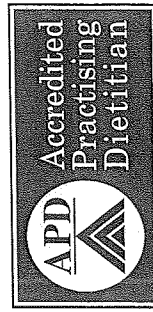
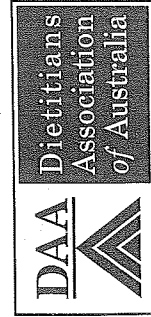
Dietitians Association of Australia
1/8 Phipps Close, Deakin ACT 2600
Telephone (02) 6282 9555
Facsimile (02) 6282 9888
E-mail <nationaloffice@daa.asn.au>

Contact your local Accredited Practising Dietitian:



Eat our words.

Accredited Practising Dietitians:
your nutrition experts



A.B.N. 34 008 521 480

Who are Accredited Practising Dietitians?

Accredited Practising Dietitians (APDs) are recognised professionals with the qualifications and skills to provide expert nutrition and dietary advice. They know about food and health and can help you sort through the maze of nutrition information.

APDs are qualified to advise individuals and groups on nutrition-related matters. They also have the clinical training to modify diets to treat conditions such as diabetes, heart disease, obesity, cancer, food allergies and intolerances.

APDs have sound university qualifications accredited by the Dietitians Association of Australia (DAA), undertake ongoing training and education and comply with the Association's guidelines for best practice. They are committed to the DAA *Code of Professional Conduct* and *Code of Ethics* and to providing quality service.

What do APDs do?

APDs translate scientific information about nutrition into practical advice about what to eat.

APDs:

- Assess people's nutritional needs.
- Develop personalised eating plans and nutritional guidelines.
- Provide information on:
 - ✓ healthy eating;
 - ✓ reading food labels;
 - ✓ choosing the best foods when shopping and eating out; and
 - ✓ healthy ways to prepare food.
- Sort out nutrition fact from fiction.
- Undertake nutrition and food research.
- Train health care professionals.
- Develop nutrition communications, programs and policies.

Where do APDs work?

APDs work in a diverse range of fields including:

- Patient care in hospitals and nursing homes.
- Community nutrition and public health.
- Consultancy and private practice.
- Food service and management.
- Industry, particularly food companies.
- Research and teaching.
- Government.
- Public relations, marketing and communications.

Seeing an APD for personal dietary advice

APDs working in private practice, community health centres and many group hospitals see individual clients and may run group nutrition education sessions. Most private health funds provide rebates for visits to private practising APDs. A referral is not necessary to see an APD although it may help them to understand your dietary needs and health background.

From July 2004 new government Medicare initiatives provide rebates for visits to APDs treating chronic health conditions under a care plan coordinated by a general practitioner.

