How can a dietician help you?
Dietitians assist people to make choices about what they eat to optimise their health. Our dietitians provide positive, non-judgemental services for all people regarding food, eating and health.

We can support you with:

- Achieving a balanced diet that is right for you
- Body weight concerns.
- Simplifying healthy eating and moving away from fad diets.
- Malnutrition, loss of strength and energy.
- Living well with diabetes and pre-diabetes.
- Managing irritable bowel syndrome and coeliac disease.
- Food intolerance and allergy.
- Eating to promote gut health and prevent constipation.
- Heart health: blood pressure, blood cholesterol and triglycerides.
- Vitamin and mineral deficiencies e.g. iron deficiency.
- Vegetarian and vegan eating.

What programs are available?
No More Diets program
CCHS Type 2 Diabetes Service

*Find out about if you are eligible to join the program on the next page*
Nutrition and Dietetics
Caulfield Community Health Service

Who can come?
People over the age of 18 years who live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

Further Information
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service

Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au