

Dietetics



Nourish your body, support your health

At BlueCare, we know that good nutrition plays a vital role in staying healthy, active and independent—especially as your needs change over time. Our accredited practising dietitians provide practical, personalised advice to help you make informed food choices that support your lifestyle and health conditions.

Whether you need support with eating well, managing a medical condition or simply improving your energy levels, we're here to help.

Personalised nutrition support for:

- Diabetes and heart health
- Weight loss or unintentional weight gain
- Swallowing difficulties or texture-modified diets
- Digestive issues
- Reduced appetite or malnutrition risk
- Nutrition during illness, ageing or recovery

Support is available at home or in selected BlueCare centres.

How dietetics can help

Our qualified dietitians will work with you to:

- ✓ Create a nutrition plan that suits your lifestyle
- ✓ Support healthy ageing and energy levels
- ✓ Improve digestion and manage gastrointestinal conditions
- ✓ Maintain a healthy weight
- ✓ Manage medical conditions through food
- ✓ Ensure you're getting the right nutrients for recovery or long-term wellbeing

We also support carers with mealtime strategies and education around special diets or nutrition needs.

Explore our full range of allied health services

Exercise physiology • Physiotherapy • Music therapy
Occupational therapy • Social work • Podiatry
Psychology and counselling
Speech pathology



Our dietetics services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.



1300 258 322



bluecare.org.au



BlueCare -
in good hands



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