



Alphington
Sports Medicine

Dietetics

Our experienced Dietitians have the knowledge and skills to assess and measure an individual's dietary intake and body composition, and provide a comprehensive nutrition plan to address and minimise any health concerns, control weight or improve performance.

This is an individually tailored service suitable for everyone - athletes of all levels, those with chronic conditions or diseases, no matter the age, gender, dietary preferences, or cultural background.



What we offer:

- Individual nutrition consultations
- Comprehensive dietary and body composition assessments
- Personalised meal plans tailored to health or performance goals, medical history, lifestyle and cultural needs
- Body composition manipulation (weight loss/gain)
- Sport and athletic performance nutrition (fuelling for competition, recovery nutrition, injury management, safe supplement use)
- Child and adolescent growth and development
- Gut health and digestive concerns
- Disordered eating support
- Vegetarian/vegan diet optimisation
- Women's health
- Chronic disease management
- Supplement prescription
- Telehealth appointments available.

We provide specialised dietary intervention to patients, of all ages and abilities, with the following conditions:

- Iron deficiency
- Coeliac disease
- IBS & IBD
- High blood pressure
- High Cholesterol
- Hormonal disorders/imbbalances (PCOS, endometriosis)
- Preconception, pregnancy, & postpartum
- Menopause
- Thyroid disorders
- Osteoarthritis
- Osteoporosis
- Diabetes.

For further information on our Dietitians, please visit the [Our Team](#) page on our website.

Medicare and private health rebates available.