

ABOUT:

Go Healthy Dietetics & Nutrition is owned by Katharina Zimmermann-Kah, a university-educated Accredited Practising Dietitian (APD).

APD's are members of the Dietitians Association of Australia (DAA), their professional body. They participate in ongoing professional training and keep up with current scientific evidence in nutrition and dietetics. Katharina was educated in Germany and subsequently accredited as a Dietitian through DAA exams at Monash University.

Katharina will assist you with any nutrition related life style changes you may want to achieve. You can expect an individual approach to your personal situation.

You will be guided in the setting of long term goals and in navigating through the maze of sometimes confusing messages of nutrition information.



GO HEALTHY
DIETETICS & NUTRITION

Katharina Zimmermann-Kah

Accredited Practising Dietitian APD

Accredited Nutritionist AN

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Health fund rebates are available for most private health funds. Medicare rebates are available (a referral for the dietetic consultation is needed from your GP). Please contact your health fund for further information.



Provider: 4429531L | ABN: 77 370 427 281



GO HEALTHY
DIETETICS & NUTRITION



OFFERS YOU:

Dietetic consultations with a Dietitian
Nutrition advice for all ages
Nutrition advice on chronic conditions





What you can expect:

- One-on-one consultations in a caring and friendly atmosphere
- Nutritional assessment and diagnosis
- Personal goal setting for long term realistic life style changes
- Guidance in changing to beneficial lifelong habits
- Reporting back to your referring GP
- Follow-up to manage goals on the way to better health



Nutritional advice on:

- Diabetes
- High blood pressure
- High blood lipids/cholesterol
- Intolerances to food (Lactose, Fructose, Gluten)
- Food allergies (hay fever/asthma/eczema related food allergies, milk, egg, nuts, soy, wheat)
- Gastrointestinal symptoms (Diarrhoea, Constipation, IBS)
- Gout
- Malnutrition and nutrient deficiency



Katharina also provides specific information on:

- Healthy nutrition for all ages
- Vegetarian nutrition
- Weight gain
- Weight loss
- Nutrition during pregnancy and after giving birth
- Baby's first solid food
- Glycaemic Index (GI) of foods
- Practical tips on preparing healthy, quick and easy meals and snacks

FEES:

First appointment (1hr) \$ 90
Follow-up (30 min) \$ 60
House-calls on request