



Dietetics Hub: Find Your Nutrition Specialist

What you eat and drink can make a big difference to your diabetes. Eating healthy foods helps keep your blood sugar levels balanced and help you maintain a healthy weight.

Sometimes it's hard to know which foods and drinks are best when you have diabetes, so it's important to talk to an expert. Dietitians are the best people to help you with this.

How do I see a dietitian?

- Choose a dietitian from the list below or visit the Dietitians Australia website (dietitiansaustralia.org.au) to find a dietitian nearby
- You don't need a referral to see a dietitian, you can call them directly to make an appointment
- Talk to your GP about a whether you're eligible for a GP management plan, which can give you up to 5 subsidised appointments with a dietitian each year.

Practice: Barbara Boulevard Medical Centre
 Dietitian: Catherine Lok
 Suburb: Seven Hills
 Contact: 02 9676 5256

Practice: Bridgeview Medical Practice
 Dietitian: Inoka Perera
 Suburb: Toongabbie
 Contact: 02 9631 6400

Practice: Eastbrooke Medical Centre
 Dietitian: Tanya Kumar
 Suburb: Blacktown
 Contact: 02 8834 0222

Practice: Eat Savvi
 Dietitians: Tuo Tao and Alex Lamend
 Contact: 0493 780 025 or eatsavvi.com.au

Practice: Emerald Hills Medical Centre
 Dietitian: Inoka Perera
 Suburb: Leppington
 Contact Number: 02 9131 2100

Practice: Health First Medical Centre
 Dietitian: Catherine Lok
 Suburb: Epping
 Contact: 02 9877 0006

Practice: Lifestyle Diet Clinic
 Dietitian: Deepali Vasani
 Suburb: Kellyville Ridge
 Contact: 0433 157 362

Practice: Nutritionally Balanced
 Dietitian: Reem Bashour
 Suburb: Burwood, North Sydney, Liverpool
 Contact: 0478 612 228 or nutritionallybalanced.com.au

Practice: OnePointHealth
 Dietitian: Emma Nassif
 Suburb: Penrith
 Contact: 02 4732 5188 or onepointhealth.com.au

Practice: Western Sydney Nutrition & Dietetics
 Dietitian: Nayomi Duong
 Suburb: Westmead and Penrith
 Contact: 02 9633 1035