



School of Human Movement and Nutrition Sciences - Dietetics Practice

Expert dietary advice for the management of

- Diabetes
- Heart disease
- Gastrointestinal disorders
- Obesity
- Food allergy and intolerance
- Pregnancy and lactation
- Healthy eating for the whole family
- Paediatrics (Tuesdays)

Sports Nutrition

- Nutrition pre/post games to optimise performance
- How to increase muscle mass the healthy way
- Weight management
- Improving cardiovascular fitness
- Pre and post workout or competition nutrition



Date: Every Tuesday and Wednesday from
15th March – 12th April
26th April – 31st May

Time: 9am-4pm

Room: 244/245, Connell Building (26B)
Building is opposite the pool and the basketball courts; we are up the ramp on level 2, just past the gym

Our Services

- Individualised dietary counselling
- Group sessions
- Eating and menu plans
- Practical advice for healthy eating and food preparation
- Advice on choosing the right foods when shopping and eating out
- Educational resources and information regarding your condition and diet
- Support to help you achieve your goals
- Cooking demonstrations

For more information, or to request a free consultation:

Email: hmns@uq.edu.au

Tel: (07) 3365 6240