



More information

i Get in touch:

Dietitian/Nutritionist

8.30am - 4.30pm Monday - Friday
(excluding public holidays)

📞 1300 668 936 (Robina Health Precinct)

✉️ GCHFirstNationsDietitian@health.qld.gov.au

📍 Robina Health Precinct,
Level 2, 2 Campus Crt,
Robina QLD 4226



Use QR code to
visit our website

Working together to achieve
First Nations Health Equity.



Gold Coast Health

Eating Well for Good Health

Supporting the health and wellbeing of
Aboriginal and Torres Strait Islander Community.

Eat healthy, stay strong, live long.



Gold Coast Health information
goldcoast.health.qld.gov.au

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Gold Coast Health
always care

Queensland
Government



Healthy Eating

Gold Coast Health offers nutrition services at various locations within the region for Aboriginal and/or Torres Strait Islander peoples of all ages.

Our Dietitian/Nutritionist can help you understand the relationship between food and health and identify areas where you can improve your health and wellbeing through good nutrition.

Contact our team to get support if you have any conditions that would benefit from the guidance of our Dietitian/Nutritionist, such as:

- food allergy/intolerances
- nutritional deficiencies
- heart problems
- cancer
- gastrointestinal disorders
- weight concerns
- other nutrition related issues.

Are you:

- Confused about all the different foods and diets?
- Struggling to lose or gain weight?
- Looking for new ideas to help feed your mob?
- Pregnant, breastfeeding, or planning pregnancy?
- Concerned about fussy eating or the growth of your jarjum?
- Wanting more information about food or nutrition?

Our Dietitian/Nutritionist can help you:

- choose what foods to eat to lower your risk of certain diseases
- improve your relationship with food
- make informed choices to help improve your health and your mob's health
- suggest ways to manage fussy eating behaviour in your jarjum and encourage exploration of new foods
- improve your knowledge about food and nutrition
- improve your confidence to prepare and eat a variety of healthy and tasty foods.

Eat healthy, stay strong and live long!

What services can a Dietitian/Nutritionist provide?

- one-on-one appointments
- group education
- cooking classes
- family-focussed nutrition and meal planning advice on a budget.



“Sometimes we have to be tight [with money] when the big bills come in and choose less expensive foods to buy. Working with the dietitian, I am more confident to find affordable healthy meals to cook for the family.” – Healthy Eating client

