

Nutrition, health and wellbeing services

Rātonga hau ora

What is nutrition?

Nutrition is the process of providing or obtaining the food necessary for health or growth. It is a critical part of our wellbeing. It can sometimes be complicated to understand how the foods you choose affect the functioning of your body.

What is nutrition counselling?

Nutrition counselling is a supportive process to understanding the nutrition you need, help you set priorities, establish goals and create individualised action plans which acknowledge and foster responsibility for self-care.

Benefits of nutrition counselling

- People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity
- For people with chronic diseases, healthy eating can help manage these conditions and prevent complications
- Healthy nutrients improve brain function, making it easier to handle work challenges
- Good nutrition throughout the day is beneficial to both mind and body and correlates to being happier, more creative, and more productive
- Eating healthy foods helps you reduce stress and focus better

- Healthy eating could lead to other healthy lifestyle routines like increased physical activity which in turn could help with a good sleep pattern.

When would it be useful?

- Balanced nutrition
- Energy levels/adrenal fatigue
- Weight management
- Relationship with food and body
- Food addictions/emotional eating, bingeing
- Gut Health/food sensitivities

How do I access this service?

Pehea te hono ki ngā ratonga?

Call our 7-day 24-hour freephone 0508 664 981 and ask for an appointment.

