



PROFESSIONAL PRACTITIONER KIT

The following details the inclusions of resources you will get when you subscribe to the Professional Practitioner kit. These resources will be constantly updated based on emerging evidence and practitioner feedback to ensure that they always remain accurate and useful for all dietitians.

Over 150 unique resources are included! We have organised them into alphabetical groups to help you navigate this kit, therefore you might see double ups (they don't count towards the 150+ 😊).

ACCEPTANCE COMMITMENT THERAPY (ACT)

1. Values
2. Health decisions and mindfulness

AGTHE (AUSTRALIAN GUIDE TO HEALTHY EATING)

1. Australian Guide to Healthy Eating
2. General AGHE
3. Girls AGHE
4. Boys AGHE
5. Teenager Girls AGHE
6. Teenager Boys AGHE

BARIATRICS

1. Bariatric Eating Habits Questionnaire 2
2. Bariatric Eating Habits Questionnaire Initial
3. Gastric Band 7 Days Pureed
4. Gastric Band 4 Days Fluid
5. Gastric Sleeve - Phase 2 (Fluids only)
6. Gastric Sleeve – Phase 3 Pureed
7. Gastric Sleeve- Phase 4 (Soft)
8. Gastric Sleeve – Phase 5 (Full)
9. Gastric Sleeve – Pre Surgery
10. Optifast Regime
11. Gastric Bypass Phase 3 (Puree)
12. Gastric Bypass Phase 2 (Fluid Only)
13. Gastric Sleeve Initial



COELIAC

1. Coeliac Disease
2. Gluten Free Diet
3. Gluten Free Food & Drink List

DIABETES

1. CHO free choices
2. Diabetes 1 CHO serve snacks
3. Diabetes discretionary CHO serves
4. Diabetes, Exercise & Hypos
5. Hypo
6. Glycaemic Load
7. Healthy Eating for Diabetes
8. Extensive Carb Food List
9. High/low GI Food List

EXERCISE

1. Pre-Exercise Resource
2. Supplements in Exercise
3. Post Exercise Resource
4. Introduction Exercise Resource
5. Calories & Energy
6. During Exercise Resource

FODMAP

1. 5500kJ LOW FODMAP Meal Plan
2. FODMAP Challenges
3. FODMAP Useful Sites
4. LOW FODMAP Diet
5. FODMAP Shopping Guide
6. Irritable Bowel Syndrome + FODMAPS
7. Challenge Schedule Foods



FOOD ALLERGIES & INTOLERANCES

1. Elimination Food Challenges

GASTROINTESTINAL

1. Diverticular Disease
2. Ileostomy
3. Optimising Gut Health

GENERAL

1. Cooking Techniques for one
2. Safe food handling & storage
3. Food Group Serve Sizes
4. Food Monitoring Record
5. Goals till next time
6. Health Cooking Techniques
7. The Balance Plate
8. Virtual Shopping Tour (2 slides per page)
9. Virtual Shopping Tour (6 slides per page)
10. Virtual Shopping Tour [PowerPoint]
1. 10 Simple Food Swaps
2. Alcohol
3. Anti-Inflammatory Diet
4. Calcium Sources
5. Carbohydrate and Protein Counter
6. Christmas Advent Strategies
7. Controlling Cholesterol
8. Craving Cards
9. Eating Out and keeping it healthy
10. Energy
11. Exercise Energy Chart
12. Fat Questionnaire
13. Fibre Resource
14. Folate Food Sources



15. SMART Goals
16. Healthy Cooking Techniques
17. Healthy Eating Out and Takeaway
18. Iron Sources
19. Magnesium Sources
20. Malnutrition
21. Managing Sodium Intake
22. Medical Benefits of Weight Loss
23. Metabolism
24. Niacin Food Sources
25. Nutrition for Wound Healing
26. Optimising Iron Intake
27. Phosphorous Sources
28. Potassium Food Sources
29. Resistant Starch
30. Riboflavin Food Sources
31. Shopping Guide
32. Sodium-rich Food
33. Stroke Prevention
34. The Balance Plate
35. Top Ten Tips to Achieve Healthy Weight
36. Top 5 Breads
37. Top 5 Cereals
38. Top 5 Muesli Bars
39. Top 5 Wraps
40. Top 5 Yoghurts
41. Vitamin A sources
42. Vitamin B1 sources
43. Vitamin B12 sources
44. Vitamin B6 sources
45. Vitamin C sources
46. Vitamin D sources
47. Vitamin E sources



48. Vitamin K sources
49. Vitamin Resource
50. Zinc sources
51. Fat types
52. Iodine food sources
53. Carbohydrates
54. Fat
55. Frozen Meals
56. Muesli Bar Resources
57. Protein
58. Water Consumption
59. Cystic Fibrosis
60. Loss in Appetite

GOUT, ARTHRITIS, BONE HEALTH

1. Maintaining Bone Health
2. Gout Management
3. Increasing Calcium Intake

HEALTH COUNSELLING

1. Mindful Eating

HEART HEALTH

1. Antioxidants and Heart Health
2. Controlling Cholesterol
3. Eating out and keeping it healthy
4. Energy Heart Health Resource
5. Fibre Content of Common Foods
6. Plant Sterols
7. The Truth About 'FAD' Diets
8. Weight Management
9. Controlling Fluid Intake In Heart Failure
10. Fat Types
11. Food Myths



12. Sodium & Heart Health
13. Omega-3 Foods and Intake Targets
14. Fluid and Heart Health

LIVER

1. Fibre and constipation
2. High protein meal plan
3. Increasing protein resource
4. Low Sodium meal Plan
5. Low Sodium Shopping List
6. Meal Makeover resource
7. Nutrition and liver health
8. Reduction fluid resource
9. Reduction sodium resource
10. Types of liver disease resource
11. What is liver disease resource
12. Sodium label reading

LABEL READING

1. Ingredients List
2. Label Reading
3. Sodium Label Reading

MEAL PLANS

1. 4000-5500kJ Meal Plan – Blank
2. 4500-5000kJ Meal Plan
3. 5500-6000kJ Meal Plan – Blank
4. 5500-6000kJ Meal Plan
5. 7 Day 4500kJ Meal Plan
6. 7 Day 6000kJ Meal Plan
7. 7500-8500kJ Meal Plan - Blank
8. 7500-8500kJ Meal Plan
9. 7500kJ Meal Plan (Healthy Eating 2013) – Blank
10. 7500kJ Meal Plan (Healthy Eating 2013)



11. Meal Plan – Blank
12. Meal Planning
13. Fat loss & health
14. Healthy eating & training
15. Healthy eating & weight loss
16. Low carb diet
17. Main weight loss
18. Simple weight loss
19. CHO controlled

PREGNANCY

1. Pregnancy and Nutrition

PTSD & MENTAL HEALTH

1. Depression
2. PTSD
3. Veteran Support Resource

SPORTS NUTRITION

1. Body composition
2. Eating to BULK UP
3. General Competition Nutrition 55kg Sprinter
4. Individual Creatine Supplementation Prescription
5. Muscle Building Nutrition
6. Protein Powders & FODMAPs

WEIGHT MANAGEMENT

1. 5500kJ Meal Plan
2. 7 Day 6500kJ Meal Plan
3. Australian Guide to Healthy Eating
4. CHO free choices
5. Eating out
6. Health Claims
7. Energy
8. Fundamentals of Weight Loss



9. Hormones and Weight Reduction
10. Intermittent Fasting
11. Label Reading
12. Low Carb Diet
13. Protein Powders & FODMAPs
14. Recipe Modification
15. VLED Shake
16. Recovery Nutrition
17. VLED
18. Weight Management
19. Weight Loss Supps
20. Weight Management Meal Planning
21. Myth Busting [PowerPoint]
22. VLCD Shakes Comparison
23. 5500-6000kJ Meal Plan
24. 5500-6000kJ Meal Plan Blank

VEGETARIAN VEGAN

1. Vegetarian and Vegan Diet
2. Vegetarian Diet

BONUS PRACTITIONER RESOURCES

As a special bonus to those people who take up this offer, we are including the following bonus resources. You never know, a few extras might find their way into the pack as well 😊

1. Contractor checklist
2. GP letter template
3. GP letter example
4. Nutritional Diagnosis Cheat Sheet

We really hope you enjoy the Practitioner Kit. We have put all our knowledge and experience (and money) into them. We know dietitians across Australia already use them and great results with their clients and sure you will too! Remember, you can always hit us up on any of our socials if you have any feedback or need help!