

## What makes Sportswise different

Our **Dietitian** is a skilled and experienced practitioner qualified in nutrition and dietetics. All our clinicians work as part of a close-knit multi-disciplinary team.

We take a holistic approach to diagnosis and management to optimise treatment and prevent the problem recurring. At Sportswise we pride ourselves on not just treating your symptoms but also identifying the underlying cause of your problem so that we can treat it effectively.

## Nutrition and dietetics

A registered Dietitian can help you look at your current diet and nutritional intake and provide information, guidance and support on improving your dietary lifestyle.

Dietitians are the only nutrition and diet professionals to be regulated by law and are therefore the most credible source of food and nutrition advice. Dietitians help to promote good nutrition, treat disease, and prevent nutrition-related problems. They use the most up to date public health and scientific research on food, health and disease and translate this into practical advice to enable people to make appropriate lifestyle and food choices to improve their health.



## Who will benefit

Our Dietitian provides guidance on diet and nutrition for the following:

### **Weight management and healthy eating**

Helping those wanting to achieve an appropriate weight in a healthy way and to sustain that beneficial dietary lifestyle

### **Boosting sport performance**

Helping those who want to increase their fitness or sporting performance through improving diet and fluid intake

### **Food allergies or intolerances**

Nutritional guidance for people with food allergies or intolerance

### **Specific medical conditions**

Advice to help manage a specific condition such as diabetes, osteoporosis, arthritis, cardiovascular disease or raised cholesterol

### **Digestive problems**

Problems such as constipation, bloating and Irritable Bowel Syndrome can be very troublesome but often respond to sound dietary advice



## Your first consultation

Before your first appointment you will usually be asked to complete a food diary – available from reception. This is a straightforward sheet for you to record your food and drink intake, as well as exercise or activity pattern, over a four-day period.

Your first appointment will be one hour to allow time for the dietitian to look at what you eat, your activity, and your lifestyle and to assess the balance of your diet across all the important food groups. This will help identify potential areas to change. From this a practical action plan will be developed for you and written literature provided.

# Sportswise

excellence in Sports Medicine



The **dietitian** holds a recognised qualification in Nutrition and Dietetics and is registered with the Health and Care Professions Council (HCPC). This means they are governed by an ethical code, ensuring they work to the highest standard and within an agreed statement of conduct.



## Contact us:

**For advice or an appointment**  
please telephone 01323 745970  
or email [reception@sportswise.org](mailto:reception@sportswise.org)

Sportswise is based on the Eastbourne campus of the University of Brighton.



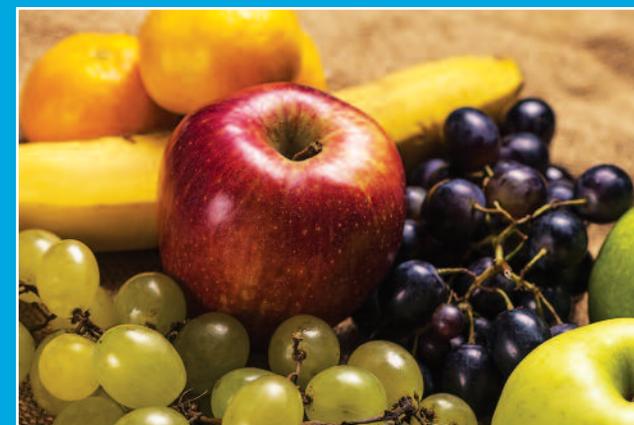
Sportswise Ltd  
The Welkin Building, University of Brighton  
Carlisle Road, Eastbourne, East Sussex, BN20 7SN

Registered Office: 5 North Street, Hailsham, BN27 1DQ  
Registered in England No. 3412127

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## Nutrition and Dietetics



Tel: 01323 745970  
[www.sportswise.org.uk](http://www.sportswise.org.uk)

To find out more about the clinic as a whole, as well as information on specific treatments and profiles of all our practitioners, please visit our website

[www.sportswise.org.uk](http://www.sportswise.org.uk)