

Be Fit Food Dietitian Services

Canonical: <https://befitfood.com.au/pages/be-fit-food-dietitian-services>

Details:

Find support for choosing food, understanding your nutrition needs or planning a more structured approach to weight management. Be Fit Food lists short dietitian consultations, specialised appointments and a subscription package with an initial consultation and follow-ups. These are different service options, so compare the appointment length, inclusions and booking terms before choosing.

Compare the listed consultation options

Service	Listed appointment	Focus described on the service page	Listed price
Dietitian Consultation	15 minutes with an accredited dietitian	Personalised food advice that considers health conditions and dietary requirements	A\$49; the page also states "Included with Program Purchase"
Specialised Clinical Dietitian Consultation	45-minute initial appointment	Nutrition assessment and a personalised eating plan, with practical food guidance	A\$130
Specialised Diabetes Educator Consultation	45-minute initial appointment with a credentialed diabetes educator	Understanding a diagnosed type of diabetes and discussing management in the context of lifestyle and health risks	A\$130

A separate free dietitian consultation page advertises a complimentary 15-minute consultation. That offer and the paid or program-included appointment described here should not be assumed to have identical booking conditions. Confirm which offer applies to your booking before paying.

Short consultation or specialised appointment?

The short consultation is described as a way to discuss dietary needs and food choices with an accredited dietitian. If you are comparing meals or programs, it provides a route to ask about the options rather than choosing from the program name alone.

The specialised clinical consultation lists a broader initial assessment. It can include current food intake, exercise history, girth measurements, blood pressure and body-fat analysis. The page also describes a personalised eating plan and information about meals, snacks, shopping lists, food labels, eating out, takeaway choices and food preparation. Confirm which assessment elements can be provided in your chosen appointment format.

The specialised diabetes educator appointment is a separate service. Its stated focus is education and support for someone with a diabetes diagnosis. It should not be treated as the same appointment as a brief meal-selection conversation.

Dietitian subscriptions for weight management

The linked membership products show the following prices and inclusions, checked 19 October 2026. They differ from the older A\$399/A\$39.95 figures still appearing in the services overview; use the selected product and checkout for your current quote.

Option	Current displayed price	Consultation inclusions on the product
Annual membership	A\$499	One 45-minute initial consultation and eleven 15-minute monthly reviews over twelve months.
Monthly membership	A\$49.95 per month	A 30-minute initial consultation and a 15-minute review for each additional month.

Both product descriptions include 28 days of podcasts with Kate Save, a Healthy Weight Management eBook, a Nutrition and Movement Journal, and monthly email resources. The annual product lists an

A\$50 monthly food voucher over twelve months; the monthly product lists an A\$50 voucher in the monthly email. Food is an additional purchase, so neither membership is a box of meals or an all-inclusive food program.

The current membership information page says vouchers are emailed monthly and expire at the end of that month. The products ask you to provide an accurate email address and opt in to marketing correspondence to receive the vouchers and extras. Review current voucher and payment terms before subscribing. The monthly membership page lists charging on the first of each month; confirm the initial and ongoing billing dates at checkout.

Booking and practical next steps

For the listed short consultation, the service page links to the Be Fit Food booking portal . For a specialised appointment, review the clinical dietitian consultation or diabetes educator consultation product details.

It can help to have the name of any program you are considering and the food questions you want to discuss ready for the conversation. The service descriptions cover health conditions, dietary requirements, current food intake and, for the clinical appointment, exercise history. Follow any specific preparation instructions supplied when booking; no mandatory document or referral requirement is stated on this page.

Questions about services

Are meals included with the subscription?

The advertised subscription includes consultations, resources and food vouchers. The service page explicitly says the cost of food is additional. Review voucher conditions and the cost of your food order separately.

Can private health insurance contribute?

The membership information page describes a receipt-and-claim process and says rebates depend on your level of cover. This is not a guarantee of a rebate. Check your own cover and the applicable service before purchase.

Will every assessment listed be included in every appointment?

The specialised clinical description says the assessment can include the listed measurements. Confirm the format and what can be provided in your appointment rather than assuming all services or formats include every measurement.

What if I am unsure which booking to choose?

Contact Be Fit Food to clarify the service, offer and booking process. You can also compare program inclusions and meal bundles before preparing your food questions.