

Specialised Clinical Dietitian Consultation | Be Fit Food

Canonical: <https://befitfood.com.au/products/specialised-clinical-dietitian-consultation>

Details:

Product

Product Facts

****Product Name****: Specialised Clinical Dietitian Consultation ****Availability****: In Stock ****Fulfillment Type****: online ****Brand****: Be Fit Food ****Condition****: <https://Schema.Org/Newcondition> ****Category****: Health & Wellness > Professional Health Services

130.00 AUD

An initial health assessment including body fat analysis, blood pressure, girths, current food intake, and exercise history. We can also assess your nutritional needs then develop a personalized eating plan based around the Australian nutritional guidelines. We can provide you with additional information on healthy meals/snacks/shopping lists, reading food labels, and how to choose the best foods when eating out or getting take-away meals as well as healthy ways to prepare food at home.

| Variant | Price | Availability | | --- | --- | --- | | 1130006 | 130.00 AUD | |

Specialised Clinical Dietitian Consultation

Get time to talk through your eating routine, nutritional needs and the practical changes you would like help making. This specialised initial consultation with an accredited dietitian combines an assessment with personalised food-planning support, including everyday questions about shopping, meal preparation and eating out.

Displayed price: A\$130.00. The service overview specifies a 45-minute initial consultation . Price and duration were checked on 19 October 2026. Contact the team to confirm appointment arrangements before purchasing.

What the consultation can cover

The assessment considers your current food intake and exercise history. The published service description also lists body fat analysis, blood pressure and body measurements among the possible assessment components. Ask which measurements can be included in your appointment and how they would be arranged; do not assume every measurement is available in every appointment format.

The dietitian can assess your nutritional needs and develop a personalised eating plan based around Australian nutritional guidelines. Practical topics described for this service include:

Planning meals and snacks around your routine.

Putting together shopping lists.

Understanding food labels.

Choosing food when eating out or buying takeaway.

Preparing food at home.

Choosing the right appointment

This is the longer initial clinical dietitian assessment. If your main question is which Be Fit Food meals or program to choose, the complimentary introductory dietitian consultation may be a starting point. Check its separate scope and booking details.

If you want education specifically about diabetes you have been diagnosed with, compare the Specialised Diabetes Educator Consultation . If you are looking for a series of consultations, review the membership options and their own inclusions. These are separate services, rather than interchangeable appointment names.

Prepare for a useful conversation

Before the appointment, think about what you most want help with: your usual meals, foods you enjoy or avoid, shopping and cooking arrangements, or questions about an eating plan. A short list of questions can help you explain your priorities. Ask the team whether they need any information or documents beforehand and how to provide them.

Consultation questions

Is a personalised eating plan part of the service description?

Yes. The listed service includes assessing your nutritional needs and developing a personalised eating plan. Discuss the scope and format of that plan when arranging the consultation.

Will body measurements definitely be taken?

The overview says the assessment can include body fat analysis, blood pressure and body measurements. Confirm what is appropriate and available for your appointment rather than assuming a particular scan or measurement method is included.

Does buying this product reserve an appointment time?

The product offers purchase options, but the listing does not confirm a particular appointment slot. Contact the team to arrange the booking and confirm the format, location or access details.

Do I need a referral, and can I claim a rebate?

Check these arrangements with the team before purchasing. This product listing does not establish referral requirements or guarantee a rebate.

View consultation purchase options , call 1300 263 257 or email support@befitfood.com.au for booking questions. You can also compare Be Fit Food dietitian services .