

Nutrition and Dietetics

Patient Information



Whether you're managing a health condition or simply looking to eat well, our new Nutrition and Dietetics online hub offers trusted advice and practical tools to support your health and well-being.

What You'll Find Online:

- Self-help leaflets and resources
- Useful websites, videos, and apps
- Easy Read materials, audio podcasts, and BSL-interpreted videos
- Details of local support organisations

Topics We Cover:

- Adult Weight Management & Type 2 Diabetes Prevention
- Child Healthy Weight
- Community Nutrition
- Diabetes
- Dysphagia (Swallowing Problems)
- Eating Disorders
- Food Facilities in Forth Valley Royal Hospital
- Food and Feeding Concerns in Infants and Children
- Gastro-Intestinal Disorders
- Malnutrition and Nutritional Support
- Nutrition in Cancer
- Nutrition in Older Adults
- Tube Feeding
- Nutrition and HIV

Visit **nhsforthvalley.com/dietetics**

