



### About The Dietitian

Deepali Vasani is an APD (Accredited Practising Dietitian) and AN (Accredited Nutritionist) affiliated with DAA (Dietitian Association of Australia) since 2002.

She has twelve years of experience in Dietetics working for hospitals and private practices in India and Australia. She specialises in diet consulting for Individuals, Corporates, Aged Care Centres, Disability Homes and Schools.

She has been running her Clinic in Australia for last seven years in Wentwest, Hawksbury and Nepean region. She has been associated with Medical centres in Blacktown, Toongabbie, Merrylands, Penrith and Windsor for few years. She has provided consultation to numerous patients referred by Medical centres from the region and helped them with improving their chronic conditions. She has been providing consultations to DVA patients as well. She has conducted Type 2 diabetes group sessions regularly.

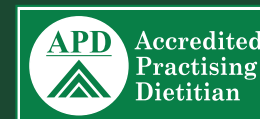
She has been providing regular consultations to Aged care centres and Disability Homes which includes providing need-based consultation for individuals, menu planning and training to staff.

She has conducted no. of workshops and seminars on diet related topics for corporate clients. She has done Email and Phone programs for busy individuals / groups to help them with weight management.

She has conducted sessions for schools to provide nutrition education to parents / teachers / children.

### Rebates

Rebates are available for individuals referred by Medical practice on Enhanced Primary Care. Please check with your medical practice / the dietitians for any queries related to your rebate. Lifestyle diet clinic is associated with most of the private health fund. Consult your health fund for rebates as it depends on the level of your cover. DVA Patients receive rebate of the consulting charges from Medicare.



*Deepali Vasani*

Accredited Practising Dietitian / Nutritionist

Consultant Dietitian at  
**Bridgeview Medical Centre**  
Toongabbie  
**Hill Top Medical Centre**  
Merrylands



### Practice Locations

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## Dietetics Services

### Individual Counseling

- Face-to-Face Consultation
- Group programs for Type 2 Diabetes
- Supermarket tours (mock)
- Worker's compensation consultations and reporting
- Email weight loss programs

### Corporate Counseling

- Short individual consultations
- Seminars and workshops on healthy eating based on requirements
- Recipe / Demonstrations for healthy eating

### Aged Care Centre / Disability Homes

- Individual Consultation
- Staff - Carer training
- Menu planning

### School talks for parents/ teacher/ children

## Chronic Conditions

Deepali provides consulting advice on following conditions

- Diabetes
- Weight Management
- Eating disorders
- Insulin resistance or Impaired Glucose Tolerance
- Heart Disease
- Hypertension
- Hyperlipidemia (High cholesterol)
- Gastrointestinal
- IBS / IBD
- Diverticulosis / Diverticulitis
- Constipation
- Diarrhoea
- Gastro-oesophageal reflux
- General Nutrition
- Cancer
- Physical and Mental Disability
- Metabolic Syndrome
- Osteoporosis
- Vegetarian eating
- Crohn's disease
- Ulcerative colitis
- Fatty Liver
- High triglycerides
- Nutritional deficiencies like iron, vit B12, Calcium etc.

## Individual Counseling

### Face-to-Face Consultation

Individual consultations are mostly face-to-face, but also can be done via Email or Phone. First consultation is usually long consultation which includes gathering history, checking reports, and understanding / setting goals. Follow up consultations mostly concentrate on reviewing the results, making corrections, setting goals and responding to queries. Short consultation of a quick weigh in and resolving few queries are also used by no. of patients. Individual consultations are not only for weight management but covers wide range of listed chronic conditions.

### Group programs for Type 2 Diabetes

The dietitian conducts group program for people with Type 2 diabetes. First consultation is assessment based on referral from the GP. The group program includes 8 sessions where dietitian covers various topics on diet and exercise.

### Supermarket tours (Mock)

Supermarket tour provides awareness on reading labels and suggestion on products that are healthy according to the condition. Handouts are given to the clients for future reference. The session is for about an hour with a few people in a group.

### Worker's compensation Consultation

The dietitian provides workers compensation consultation for clients with approved work cover letter for any condition that is affecting their health. For conditions refer to the list of chronic conditions.

### Email Weight Loss programs

The program is excellent for busy people. This 12-week program kicks off with a face-to-face long consultation, which covers gathering history and setting goals. The review consultations are via email for 11 weeks. Review emails covers recording weigh in by the client and responding to concern / queries during the week. Every alternate week information on different topics are emailed along with motivational article to make the changes and keep it long term. People find the program very useful as small goals are set for every week. Achievement of goals and motivation from the dietitian helps to keep their program goals on track.

## Corporate Counselling

### Individual assessment

Lifestyle diet clinic can conduct individual assessment sessions for corporate employees where the dietitian responds to their questions/concerns related to their health. It gives them personal attention and addresses their needs. It provides direction to improve their health and energy levels. It also can improve their immunity to prevent sick days, productivity, accidents and injury. The clinic can also provide feedback to company/family doctor if needed.

### Individual consultation:

The dietitian can provide individual consultations at work place / clinic for a range of clinical services under individual consultations. Discuss all the prerequisite to maximise the benefit with the dietitian by email.

### Seminars / Workshops:

Lifestyle diet clinic can conduct seminars / workshops for any group size related to any diet topic at corporate locations.

### Recipe / Demonstrations for healthy eating:

Recipe or demonstration of simple, convenient and easy to make recipes can be organised at corporate locations.

## Aged Care Centre / Disability Homes

The dietitians at Lifestyle diet clinic regularly visit aged care centres / disability homes to provide individual consultations, meal planning or staff training for healthy cooking, presentation and more.

Lifestyle diet clinic can carry out menu assessment for cyclic menu to cater for residents from various clusters, The dietitian can also assess menu to cover wide range of food groups, inclusion of fluid intake and cooking method. The dietitian also provides report on meal weight and assessment of sugar, fat and salt content.

## School talks for Parents / Teacher / Children

Dietitian provides sessions for tips on healthy eating, weight management, and more to parents/teachers for better health of their school going children.