



The Nutrition Code
By Samantha Stuk

Accredited Practising Dietitians and Sports Dietitians. We create personalized meal plans and solutions for adults, children and families.

Specialty areas:

- Weight management
- Heart disease, high cholesterol and high blood pressure
- Diabetes (T1, T2 and gestational), and impaired glucose tolerance
- Gastrointestinal and digestive health; including food allergy and intolerance, Irritable Bowel Syndrome (includes fructose and lactose malabsorption), coeliac disease, eosinophilic oesophagitis, reflux, hernia, peptic ulcer and diverticular disease
- Food chemical intolerance symptoms; including eczema, facial swelling, migraines, fatigue and hyperactivity in children
- Women's health, including pregnancy and post-natal, PCOS, and menopause
- Vegan and vegetarian nutrition
- Disordered eating syndromes, including binge eating, emotional eating, orthorexia
- Chronic kidney disease and dialysis
- Malnutrition and nutrient deficiency
- Sports and performance nutrition
- General healthy eating advice at any age

Why Accredited Practising Dietitians?

Accredited Practising Dietitians (APDs) hold a university degree in medical and lifestyle nutrition therapy. APDs provide nutrition and meal planning advice that is reliable, supported by scientific evidence, and individually tailored to suit your goals.

Why The Nutrition Code?

The Nutrition Code has been working in teams with GPs, allied health and medical specialists for many years. To date, we have achieved significant and measurable health improvements for hundreds of patients. Having us on your team can save you time during your consultations, and facilitate Medicare EPC incentives for both your patients and your clinic. Patients can access our services quickly, as we have shorter wait-lists than public clinics, and offer after-hours and weekend appointments. We are excellent communicators, and will keep you informed with patient management in as much detail and as frequently as you prefer. We will offer bulk-billing with EPC under special circumstances.

About Samantha:

Samantha is an Accredited Practising Dietitian and Accredited Sports Dietitian. She has 8 years of clinical experience across the public and private health sectors, and is the director and principal dietitian at The Nutrition Code. She has a special interest in diabetes, heart disease and digestive health, including IBS and coeliac disease. She is also skilled in weight management, PCOS, vegetarian/vegan diets and sports nutrition. Samantha has undergone further training in food allergy and intolerance, insulin pump therapy, behaviour change coaching and eating psychology. In addition to private consulting, Samantha hosts supermarket tours, cooking demonstrations and nutrition workshops. She also creates nutrition content for health organisations, and the media.



About Jessica:

Jessica is an experienced Accredited Practising Dietitian, and joined The Nutrition Code team in 2017. She is enthusiastic about food and helping clients set and fulfil their nutrition goals. She has a special interest in weight management, diabetes, heart disease, women's health and food intolerance. Jessica is an empathetic and kind person who takes an understanding and non-judgemental approach to assisting her patients to improve their health. She has a passion for improving the wellbeing of her clients and can provide them with quality evidenced-based advice that is



Services:

Private consultations for individuals, couples and families

Custom meal plans

Nutrition journalism

Service packages

Supermarket tours, cooking demonstrations and nutrition workshops, including Group Diabetes Education under Medicare EPC and all Private Health insurance accepted.

Locations:

Samantha

634 Inkerman Road, Caulfield 3161 – Head Office

139 High Street, Prahran 3181 – High street Medical Clinic

171 Acland Street, St Kilda 3182 – Acland Street Medical Clinic

95 Droop Street Footscray 3011 – Westmed Medical Clinic

124 Kent Road, Pascoe Vale 3044 – PVH Medical Clinic

Suite 205, Level 2, 55 Flemington Rd, Nth Melbourne 3051 – Melbourne Physicians Group

Jessica

54 Boardwalk Blvd, Point Cook 3030 - Boardwalk Specialist Centre

332 Edgars Rd, Lalor 3075 - Lalor Soma Osteopathy

6-10 Chapel Street, Windsor 3181 – Chapel Gate Medical Centre

Contact:

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Website:

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