



The Nutrition Code

The Nutrition Code
By Samantha Stuk

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

Services:

- Private consultations for individuals, couples and families
- Custom meal plans
- Nutrition journalism
- Supermarket tours, cooking demonstrations and nutrition workshops, including Group Diabetes Education under Medicare
- EPC and all Private Health insurance accepted.

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?

We specialise in creating simple and sustainable solutions that cater to your personal needs and health goals. You will receive a custom nutrition plan and behaviour change strategies, and a follow-up pathway, that's tailored just for you. We offer support in-between appointments, to help you achieve your goal.

Available Locations

Westmed Medical Clinic

95 Droop Street, Footscray 3011
Phone: (03) 9687 6144

PVH Medical Clinic

124 Kent Road, Pascoe Vale 3044
Phone: (03) 9304 0500

High street Medical Clinic

139 High Street, Prahran 3181
Phone: (03) 9510 5500

Chelsea Heights Medical Centre

205 Thames Promenade
Chelsea Heights 3196
Phone: (03) 8785 9900

Prahran Market Clinic

Prahran Central Shopping Centre
Mezzanine Level, 325 Chapel St,
Prahran 3181
Phone: (03) 9514 0888

Melbourne Physicians Group

Suite 205, Level 2,
55 Flemington Rd,
Nth Melbourne 3051
Phone: (03) 9329 5093

St Kilda Superclinic

Acland Court Shopping Centre
156-160 Acland St, St Kilda 3182
Phone: (03) 9525 5766

Contact:



0416 213 430 (Samantha)
0432 643 325 (Jessica)
0433 742 791 (Teagan)



samantha@thenutritioncode.com.au (Samantha)
jessica@thenutritioncode.com.au (Jessica)
teagan@thenutritioncode.com.au (Teagan)



www.thenutritioncode.com.au



Accredited
Practising
Dietitian





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.

Specialty areas:

- Weight management
- High cholesterol and high blood pressure
- Gastrointestinal and digestive health; including food allergy and intolerance, Irritable Bowel Syndrome (IBS), coeliac disease, reflux, gastric hernia, peptic ulcer and diverticular disease
- Food chemical intolerance symptoms; including eczema, facial swelling, migraines, fatigue and hyperactivity in children
- Diabetes and impaired glucose tolerance
- Women's health, including pregnancy and post-natal, PCOS, and menopause
- Vegan and vegetarian nutrition
- Malnutrition and nutrient deficiency
- Chronic kidney disease and dialysis
- General healthy eating advice at any age
- Sports and performance nutrition
- Paediatric nutrition: food allergy and intolerance, constipation and altered bowel habits, fussy eating



About Jessica

Jessica is an experienced Accredited Practising Dietitian (APD), who is passionate about helping clients achieve their goals. She is an empathetic and kind person who takes an understanding and non-judgemental approach. Jessica has a special interest in weight management, diabetes, heart disease, women's health and food intolerance.



About Teagan

Teagan is an experienced Accredited Practising Dietitian (APD), who provides clients with nutrition solutions that are evidence based, practical, sustainable and effective. Teagan specialises in weight management and eating behaviours, adopting a holistic approach that considers lifestyle, time commitments and family. She also has a keen interest in diabetes, heart disease and vegan/vegetarian diets.

