

About Yas

Yasmina Diab (*she/her*) is an Accredited Practising Dietitian with 18 years' experience in public health nutrition, community health and private practice.

Yasmina takes a holistic approach to dietary intervention and aims to empower clients and their families, to establish a positive relationship with food.

A mother of three lively children, Yasmina understands the demands that our busy lives play on our wellbeing.



Contact

Location

Suite 3/146 Fullarton Road
Rose Park SA 5067

Telephone

(08) 8166 4381

Fax

(08) 8166 4389

Email

hello@awhc.net.au

Connect with us

www.awhc.net.au

Instagram

[adelaidewomenshealthcarecollab](https://www.instagram.com/adelaidewomenshealthcarecollab)

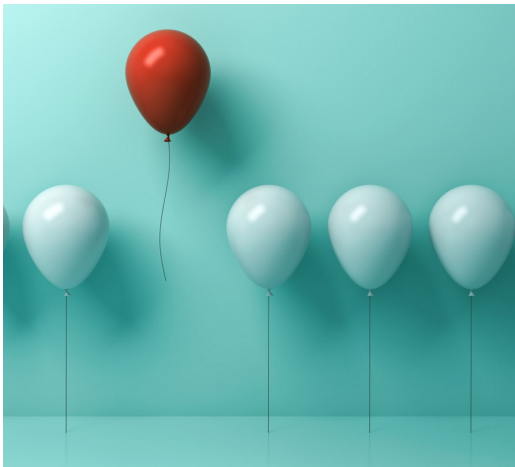
ADELAIDE WOMEN'S
HEALTHCARE
COLLABORATIVE

SENIOR
DIETITIAN

Yasmina
Diab

Areas of Speciality

- Eating disorders and disordered eating in children, adolescents and adults.
- Management of PCOS, endometriosis, perimenopause
- Fertility support
- Antenatal nutrition support
- Gut related issues
- Weight management with a focus on creating a positive eating environment



Eating Disorder Management

Yasmina is an Eating Disorder Credentialed Dietitian and works in collaboration with clients and their families in a compassionate manner. For individuals with disordered eating behaviours, Yasmina provides psychoeducation, skills, tools and support to build a healthy relationship with food and body acceptance.

Yasmina provides treatment for children, adolescents and adults living with a diagnosable eating disorder. She accepts Eating Disorder Care Plans.

Yasmina has a strong knowledge of Family Based Therapy, acceptance and commitment therapy and CBT-ED and actively complements these modalities through her treatment approach.

Yasmina provides a safe, respectful and validating environment for individuals and their families and works in a true partnership to achieve negotiated outcomes



Referrals & Fees

Referrals

Written referrals are not required for consultations.

Eating Disorder Plans & Chronic Disease Management plans are accepted. There is a cost associated with EDP & CDM Plans.

Initial consultations are 50 minutes and review consultations are 30 minutes.

Fees

(Payment is required in full at the consultation)

Initial Consultation (50 mins) \$185
Review Consultation (30 mins) \$90

If you have an EPD or CDM Plan Medicare will rebate \$56.

If you have private health please contact them directly for the amount covered.

Face to face and telehealth consultations are available.