

Julia Benites

Dietitian



Profile

Hi, I'm Julia, a Dietitian at Conscious Healthcare SA.

With over 11 years of experience as an Accredited Practising Dietitian, I am passionate about supporting individuals to build healthier relationships with food and achieve their nutritional goals. I hold a Master's degree in Nutrition and Dietetics and have worked across private practice, public health institutions, and the NDIS ecosystem, delivering evidence-based, person-centred nutrition care.

I specialise in working with children and adults with Autism Spectrum Disorder (ASD), Intellectual Disabilities, Multiple Sclerosis, Global Developmental Delay, and Cerebral Palsy. My areas of focus include fussy eating, weight management, and gut health, where I apply tailored strategies to help individuals overcome dietary challenges in a sustainable way. I take an educational and individualised approach, ensuring that my clients feel confident in making informed food choices that support their well-being.

My approach is centred around active listening, collaboration, and empowerment. I believe that nutrition is not just about meal plans—it's about understanding each person's unique lifestyle, preferences, and goals. Whether supporting a participant in overcoming gut health issues, managing malnutrition, or building food independence, I strive to make nutrition both practical and enjoyable.

I am a firm believer that if people understand the basics of nutrition and healthy eating, we can build a healthier society together. I look forward to supporting you on your journey to better health and well-being.

