

Bio

Caroline Worth, Bsc PGDipDiet

Registered Dietitian

I have been working as a Dietitian for the last 14 years and have a range of experience working in paediatrics and adults, in community, inpatient and outpatient settings, including Starship Children's Hospital. My current focus is on paediatrics and working with children who have type 1 and type 2 diabetes and insulin resistance. Alongside this, I also see a lot of children and teenagers with weight management concerns, and I work closely with these families and other multidisciplinary members to help create lifelong healthy habits.

I am passionate about nutrition and the importance of good nutrition to create healthy, happy, and thriving kids. As a mum of a toddler myself, I understand the complexity of juggling a busy household, working, and trying to provide the best nutrition for the family, so I will work with you to create a realistic nutrition plan that works for you and your family.

When I am not figuring out what to feed my toddler, I am trying to figure out how to entertain him, and currently spend a lot of time at playgrounds. However, I love the outdoors and tramping, so I can't wait until we can take our little boy on some hikes when he is a bit older.