

ALEESHA ROBERTSON

Dietitian



PROFILE

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

From our very first session, my goal is to create a warm and supportive environment where you feel comfortable, understood, and empowered to make changes that are realistic, sustainable, and suited to your lifestyle. Building strong relationships with my clients is something I truly value, and I enjoy helping people build confidence around food, nutrition, and their overall wellbeing. I believe in a compassionate, individualised, and evidence-based approach to care, recognising that nutrition looks different for everyone.

I hold a Bachelor of Nutrition and Exercise Science and a Master of Nutrition and Dietetics from Flinders University. I've gained experience across both clinical and community settings and am a member of Dietitians Australia and Sports Dietitians Australia.

I support clients across a wide range of areas, including neurodivergent nutrition, sports nutrition, and chronic health conditions such as diabetes, gut health concerns, cardiovascular disease, and weight management. Whether you're looking to improve your general health, manage a medical condition, enhance your performance, or build more balanced habits, I'll work alongside you to create practical strategies that feel achievable and sustainable.

Outside of work, I enjoy running and creating new recipes - both passions of mine since I was young. I love learning about how food can support performance, recovery, and overall wellbeing, and I'm passionate about helping others feel their best through nutrition.