

Lizzie Gralton

B E N S

Accredited Dietitian



About Lizzie

Lizzie Gralton, Accredited Dietitian, specialises in gut health, weight loss, chronic disease management, sports nutrition, mental health, and women's health.

With a holistic approach and a bachelor's degree in Exercise and Nutrition Science, Lizzie builds strong relationships, conducting one-on-one consultations, collaborating with health professionals, and offering educational sessions.

Her career in private practice includes personalised nutrition guidance, meal planning, and group-based education, emphasising enjoyable, balanced lifestyles. Lizzie is dedicated to uncovering underlying causes and providing sustainable solutions for clients' nutrition-related conditions.

Areas of Expertise

- Gut Health & Conditions
- Weight Loss
- Chronic Disease Management
- Sports/Performance Nutrition
- Mental Health
- Women's Health

Practice & Operating Locations

Lizzie is now accepting new patients.

Her consulting rooms are located within the Specialist Network Suites in Greenslopes.

Specialist Network

Shop 4-5, 589 -599 Logan Road, Greenslopes 4120
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