

Catherine Saxelby

B Sc, Grad Dip Nutrition Dietetics, APD, AN, MAIFST

Nutritionist, author and speaker



Catherine Saxelby knows nutrition!

From fast food to fat loss, she has written, researched and talked about virtually every aspect of healthy eating.

She is an award-winning nutritionist and food commentator, who understands the demands of today's busy world and the complexity of food issues. She can cut through the clutter – so you know what to eat for dinner tonight!

The author of 9 books, her book *Nutrition for Life* has clocked up sales of almost 500 000, making it one of the most enduring and popular nutrition books in the country.

She is currently Nutrition Director of Healthy Food Guide magazine and has written more than 2,000 articles on all aspects of food, fat loss and medical diets in a career spanning 20 years.

She is called upon for her opinion on food issues by radio and television and often appears on news and current affairs programs such as the Today Show, Today Tonight, Sunrise, Channel Nine News and Fox News.

She has worked with food producers, supermarkets and publishers to make healthy eating easy and affordable. She helps these groups communicate better so consumers can understand nutrition and put into practice good eating habits.



Catherine's media portfolio includes:

- Guest appearances on TV shows such as Sunrise, A Current Affair, Kerry-Ann, Fresh, Good Morning Australia, news on all three commercial networks as well as Skynews.
- Commentator on radio including numerous ABC stations both metro and regionals, 2GB, 2UE, 4BC, 3AW, 6PR, 2CC.
- Comments on food and diet for magazines such as Womens Health, Body & Soul (Sunday Telegraph), Healthsmart (Readers Digest), Life (Sun-Herald).

Aside from media commitments, Catherine delivers seminars and workshops to corporate groups as well as the food industry and health professionals.

Qualifications



Catherine holds a Bachelor of Science degree (majoring in biochemistry and physiology) and a Post-Graduate Diploma in Nutrition & Dietetics, both from the University of Sydney.

She is an Accredited Nutritionist (AN) and an Accredited Practicing Dietitian (APD) and has been an Honorary Governor of Sydney University's Nutrition Research Foundation since 1993.

She has undertaken additional courses in writing, media & communications, internet and marketing so she understands the systems of marketing food products and communicating complex nutrition issues to the general public.

She practices Tai Chi and Pilates and has studied meditation under Western doctors as well as with Buddhist monks.

Memberships

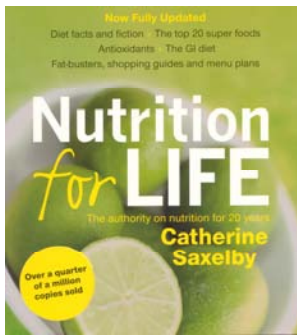
Catherine is a professional member of the:

- Dietitians Association of Australia
- American Dietetic Association
- Nutrition Australia
- Australian Medical Writers Association
- Australian Society for the Study of Obesity
- Nutrition Society of Australia
- Australian Institute of Food Science and Technology
- Food Media Club

In 2005, she was made a Life Member of Nutrition Australia for services to community education.

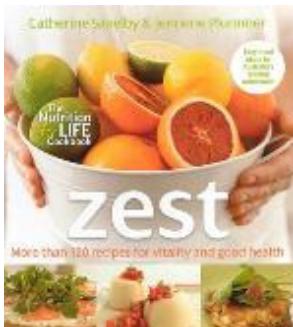
In 2009, she was made a Recognised Contributor to the media spokesperson program run by the Dietitians Association.

Books by Catherine Saxelby



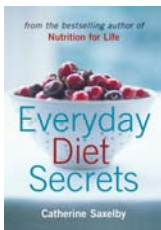
Nutrition for Life

The most popular & enduring of nutrition books!
Sales now almost 500 000.
20th anniversary bumper edition released in 2006
Published by Hardie Grant Books



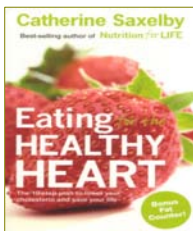
Zest Cookbook

In conjunction with Jennene Plummer,
Food Editor, Womans Day magazine
Over 120 recipes for vitality & good health



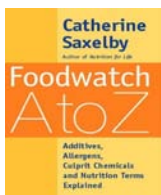
Everyday Diet Secrets

A pocket book full of tips and ideas
to inspire and motivate dieters
towards a healthy weight loss.



Eating for the Healthy Heart

The 10-step plan to
lower your cholesterol and protect your heart



Foodwatch A to Z

Cut the confusion with Catherine's handy pocket
guide to all those technical terms and additives
on food packs.



Audio CD 12 Steps to Healthy Eating

Listen & learn at your leisure as Catherine chats about how to eat for
health, energy and well-being