

# Catherine Saxelby

B Sc, Grad Dip Nutrition Dietetics, APD, AN, MAIFST  
Accredited Nutritionist and Practicing Dietitian

Nutritionist, author, blogger and “foodologist”

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## Catherine Saxelby knows nutrition!



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

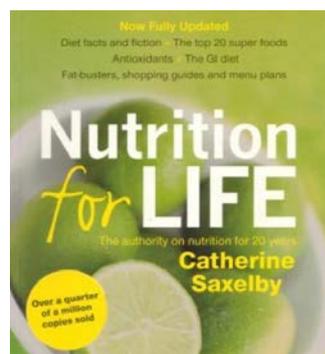
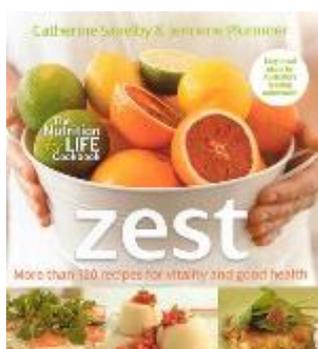
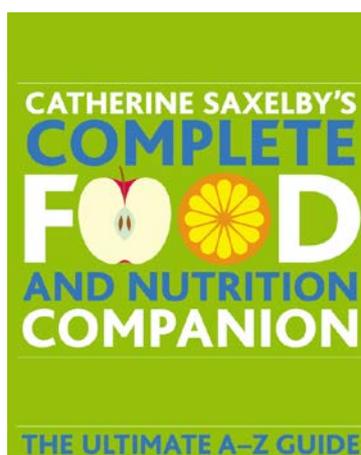
She is an award-winning nutritionist and food commentator, who understands the demands of today’s busy world and the complexity of food issues. She can cut through the clutter – so you know what to eat for dinner tonight!

The author of 10 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. In 2012, she has released her latest book *Catherine Saxelby’s Complete Food and Nutrition Companion* after two years of solid research.

She has written more than 2,000 articles on all aspects of food, fat loss and medical diets in a career spanning 20 years. She has had columns and articles published in magazines such as Super Food Ideas (founding editor), Women’s Weekly, Who, Healthy Food Guide, Prevention and New Idea.

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



## Catherine's mainstream media portfolio:

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- 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 Sky News.
- Commentator on radio including numerous ABC stations both metro and regionals, 2GB, 2UE, 4BC, 3AW, 6PR, 2CC. She chats on Saturdays with George and Paul on 2UE in Sydney. She has also had a regular segments with James Valentine on ABC 702 Sydney called Nourish and also with Leon Viner on 5AA.
- Comments on food and diet for magazines such as Women's Health, Body & Soul (Sunday Telegraph), Prevention, Cleo, Good Health, Life (Sun-Herald).

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

## Catherine on social media:

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Twitter	8000+ followers
Facebook	8000+ likes
Instagram Catherine Saxelby	3,500+ followers
Pinterest	700+ followers, 20 boards
LinkedIn	500+ followers
Foodwatch website	In the Top 100 Women Bloggers in Australia
Foodwatch eNewsletter	21,000+ subscribers

## Qualifications

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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/bloggging 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:

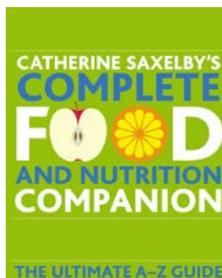
- Dietitians Association of Australia
- Academy of Nutrition & Dietetics (formerly the American Dietetic Association)
- Australian Medical Writers Association
- Nutrition Society of Australia
- Australian Institute of Food Science and Technology

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. She mentors younger dietitians to help them present their case in interviews.

## Books by Catherine Saxelby (some now out of print)

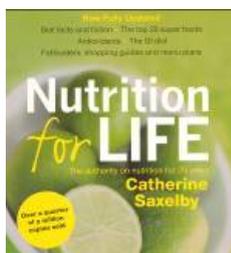
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### ***Complete Food and Nutrition Companion***

Released in July 2012

Everything you've wanted to know from Acai to Zinc  
Incl basic foods, ingredients, additives, hot topics and issues  
Catherine has packed two years of work between the covers  
Winner AIFST 2014 Award for Best Writing in Food Science



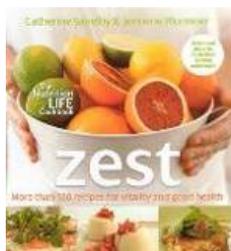
### ***Nutrition for Life***

The most popular & enduring of nutrition books!

Sales now almost 500 000.

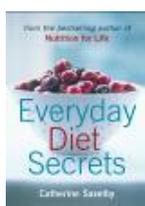
20<sup>th</sup> anniversary bumper edition released in 2006

Published by Hardie Grant Books



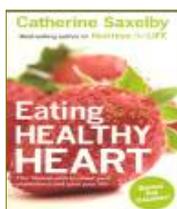
### ***Zest Cookbook***

In conjunction with Jennene Plummer,  
Long-time friend and Food Editor, Woman's Day  
Over 120 recipes for vitality & good health  
Easy meal plans for summer and winter



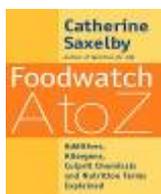
### ***Everyday Diet Secrets***

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.