

Catherine Saxelby Bio

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

Nutritionist, author, blogger and “foodologist”

Catherine Saxelby knows nutrition!



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

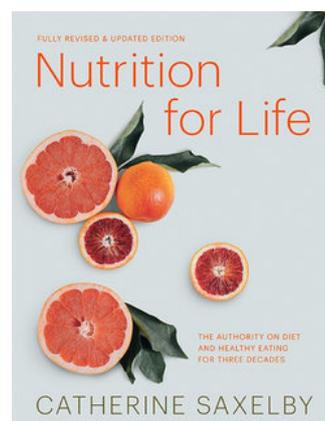
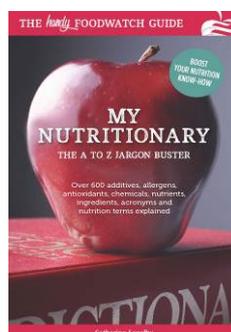
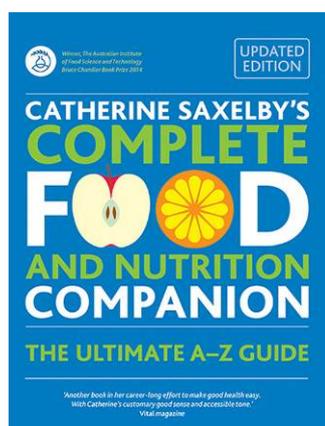
She is an award-winning nutritionist and food commentator, who understands the demands of today’s busy world and the complexity of food issues. She can cut through the clutter – so you know what to eat for dinner tonight!

The author of 12 books, her book *Nutrition for Life* has clocked up sales of almost 500 000, making it one of the most enduring nutrition books in the country. In 2020, she released the 6th edition of this book.

She has written more than 3,000 articles on food, fat loss and medical diets in a career spanning 30 years. She has had columns and articles published in magazines such as Super Food Ideas, Women’s Weekly, WHO, Healthy Food Guide, Prevention and New Idea.

She is called upon for her opinion on food issues by radio and appears on current affairs programs such as the Today Show, Today Tonight, Sunrise, Good Morning Australia, The Studio, Channel Nine News and Sky 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:

- Guest appearances on TV shows such as Sunrise, A Current Affair, Today Show, 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 2GB in Sydney. She has also had a regular segment with James Valentine on ABC 702 Sydney called Nourish and also with Leon Viner on 5AA.
- Comments on nutrition for magazines such as Women's Health, Body & Soul (Sunday Telegraph), Prevention, 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.
- She runs an educational website at www.foodwatch.com.au where she shares her discoveries about nutrition, diets and food labels.

Catherine on social media:

Twitter	8000+ followers
Facebook	9000+ likes
Instagram	7000+ followers
Pinterest	1,000+ followers
LinkedIn	900+ followers
Foodwatch website Australia	In the Top 100 Women Bloggers in
Foodwatch Newsletter	21,000+ subscribers

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 Practising Dietitian (APD) and was made a Life Member of Nutrition Australia in 2004.

She has undertaken additional courses in writing, communications, blogging, self-publishing and social media 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:

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

In 2004, 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 Dietitians Australia. She mentors younger dietitians to help them present their views in interviews.

Catherine Saxelby Bio (short)

Catherine is one of Australia's most trusted award-winning nutritionists. She has a wealth of experience in the nutrition arena, having had a career as a hospital dietitian, community nutritionist, product manager in the food industry, educator and freelance writer.

Currently, Catherine heads the nutrition consultancy Foodwatch Pty Ltd that works with food corporations, supermarkets and government health programs. She runs an educational website at www.foodwatch.com.au where she shares her discoveries about nutrition, diets and foods.

Catherine is familiar through her radio and television appearances and articles for websites and magazines. She has written for *Healthy Food Guide*, *Super Food Ideas*, *New Idea*, *Women's Weekly* and is the author of 12 books including the phenomenal *Nutrition for Life* (first published in 1986) and the *Food and Nutrition Companion*.