

Zoe Bingley-Pullin

Nutritionist, Internationally Trained Chef & Media Personality

Zoe Bingley-Pullin is a nutritionist, internationally trained chef (Le Cordon Bleu School, London), founder of nutritional consultancy *Nutritional Edge* and an established media personality across television, print, radio and digital. Zoe helps people embrace the benefits of food through education and understanding, and has been a trusted voice in the nutrition space for over 15 years.



Zoe was co-host of *Good Chef Bad Chef* (Network Ten) for five seasons (2013-2017), and from 2017 has appeared on *House of Wellness* (Seven Network) as a regular segment host. Zoe's professionalism on screen has seen her present on *Studio 10*, *The Morning Show*, *Everyday Gourmet*, and beyond. In 2018 Zoe expanded her role with *House of Wellness* and was announced as the co-host on their weekly radio program on *2GB*.

Bringing her wealth of food knowledge, Zoe has previously worked with a multitude of brands to help strengthen their message around living a healthier lifestyle including Keto-Fit, SunRice, Kenwood, Only About Children, Woolworths, Thompson's, Vitasoy across their non-dairy ranges, Rafferty's Garden across recipe development, as head Nutritionist for My Food Bag providing nutritious recipes and advice.

Discussing the benefits of leading a healthy lifestyle through writing is something Zoe is extremely passionate about. Zoe is the author of two cookbooks, *Eat Taste Nourish* (New Holland) and *Falling in Love with Food*. Zoe is also a regular contributor to national publications such as *The Huffington Post*, *Sporteluxe*, *Body and Soul Online*, *Women's Health*, *Vogue* and *Kidspot*, and was previously the food editor for *Fitness First Magazine*.

Zoe is an experienced speaker and regularly presents to consumers, corporations, workplaces and on behalf of brands.

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