

Catherine Saxelby

Nutritionist and Award Winning Author

Catherine Saxelby is an award winning nutritionist and food commentator. She works with food producers, supermarkets and publishers to make healthy eating easy and taste good.

Catherine also delivers seminars and workshops to corporate groups as well as the food industry and health professionals Her aim is to help consumers understand nutrition and put good eating habits into practice.

Catherine's expertise is called on regularly by radio and television. She often appears on news and current affairs programs such as the *Today Show*, *Today Tonight*, *Sunrise*, *Channel Nine News* and *Fox News*.

The author of several books, Catherine's 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 has written more than 2,000 articles on all aspects of food, fat loss and medical diets in a career spanning 20 years. Catherine's columns and articles have been published in magazines such as *Super Food Ideas* (founding editor), *Women's Weekly*, *Who*, *Healthy Food Guide*, *Prevention* and *New Idea*.

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.

Catherine Saxelby talks about:

- Smart eating in the age of supersize fries and movie popcorn



- Eat your way to success
- What women want: more energy, a flat stomach and no washing up! (female audiences)
- Super foods for Super Busy Bodies
- The five KPIs of good health and productivity
- How to win at being healthy, wealthy and wise
- Energy for life - seven highly-effective habits to power you through your day
- Top 10 trends in food and wellbeing
- Time-efficient Nutrition for Long Life
- How to eat right, lose weight and boost your energy

Client testimonials

“ The feedback from delegates confirms the value of your presentation and the innovative way in which you involved them all. You scored an average of 4.03 out of 5 from evaluation form, a very good score.

- ***Australian Food & Grocery Council***

“ Thank you very much for presenting such a comprehensive session at our conference. You were one of the highlights of the day for teachers. You have the wonderful combination of knowing your field and being able to talk about it in a way which engages and challenges people.

- ***VHETTA (Victorian Home Economics and Textiles Teachers' Association)***

“ Thank you for being part of our Balancing Food and Fitness seminar - it was a great success. Your presentation was particularly informative and we received many positive remarks in relation to it. Thank you for making the evening the success that it was.

- ***Nutrition Australia***

“ Catherine's talk was high in content and even higher in audience engagement. Total quality!

- ***Unilever***

“ Our members who had the good fortune to hear you have been singing your praises. You really hit a lot of hot buttons and your message and humour were equally appreciated and enjoyed.

- ***City SWAP Club, Sydney***

“ Catherine Saxelby has a gift for explaining complex facts in an easy-to-read and interesting way.

- *Fishpond online book store*

“ On behalf of Goodman Fielder, I would like to thank you for your time and effort in presenting. It was such a pleasure working with you and your presentation was very well received.

- *Goodman Fielder*

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