

# DR JOANNA MCMILLAN

## DIETITIAN, NUTRITION SCIENTIST AND FOOD FUTURIST

A PHD QUALIFIED NUTRITION SCIENTIST AND ACCREDITED PRACTISING DIETITIAN DR JOANNA MCMILLAN IS ONE OF AUSTRALIA'S FAVOURITE AND MOST TRUSTED HEALTH & WELLBEING EXPERTS.

A regular on TV across all channels, Jo appeared as a host on ABC's flagship science show Catalyst – The Truth About Fasting, Beating Diabetes and the three-part series Gut Revolution – and has appeared regularly on the Nine Network's Today Show for more than 16 years. Jo is a popular guest on a variety of radio networks and podcasts, as well as contributing to online and print publications, including her popular long-running column My Day on a Plate in Sunday Life.

With a passion for busting the misinformation and conflicting messages that abound on the topic of nutrition and lifestyle choices for the health of both us and our planet, Jo says:

*“My goal is to translate the science and emerging research into what that really means for us all, now and in the future, in terms of what and how we eat, and the lifestyle choices we make, to help us to look and feel our best at every age, while giving us the best chance of optimal health.*

*Importantly it should add joy and pleasure to life, not take it away! At the same time, we increasingly have to think about how these choices impact the health of our planet, shaping the way we eat in the future.”*

Jo has a natural ability to translate complex science into simple, everyday messages that

engage; benefiting the wellbeing of audiences across all media platforms, be it broadcast, audio, print or in front of a live audience.

With a powerful, passionate and relaxed presenting style, Jo holds the attention of audiences wherever she goes. Her versatility as a speaker has allowed her to not only deliver workshops and keynotes but also to host and moderate large scale corporate and high-profile public events including her role as interviewer for Jamie Oliver on his last trip to Australia.

Jo is an Adjunct Senior Research Fellow with La Trobe University, a Fellow of the Australasian Society of Lifestyle Medicine and a Graduate of the Australia Institute of Company Directors. She is a non-executive director at Cobram Estate Olives and has worked as an independent nutrition consultant to many food companies and industries over the years. She has authored eight books including her latest, The Feel-Good Family Food Plan, and four Audible books with her latest, Heartfull, What to Eat for a Healthier Heart.

She is a proud ambassador for Diabetes Australia, Foodbank and The Orangutan Alliance.

Joanna is available for keynotes, brand and campaign partnering, content creation and media opportunities.

