

# *Susie Burrell*

*B.Nutr & Diet (Hons), B.Sc (Psych)(Hons)*

*Consultant Dietitian - Nutritionist*



- ❖ *One of Australia's leading dietitians*
- ❖ *Postgraduate qualifications in both nutrition and psychology*
- ❖ *Specialist in childhood obesity, weight loss and sports nutrition*
- ❖ *Magazine and newspaper columnist*
- ❖ *Television presenter*
- ❖ *Sports dietitian*
- ❖ *Sought after media commentator and corporate speaker*
- ❖ *Food industry consultant*

*"It's your food, your body and your life"*

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## *Consultant Dietitian - Nutritionist*

*Susie Burrell completed both her nutrition and dietetics and psychology degrees at the University of Wollongong in 2000, and went on to complete Honours in psychology in 2002, in which she completed her thesis on childhood obesity and parenting styles.*

*Initially Susie worked as a community dietitian at Fairfield Hospital for 3 years before obtaining the specialist obesity position at The Children's Hospital in 2003, a position she has held since and is now regarded as an expert in the area of childhood obesity and the dietary management of insulin resistance.*

*Susie is a keen writer and since 2003 her work has appeared in a number of publications including **The Daily Telegraph, Dolly, Cosmopolitan, Good Health, Parents, ALPHA and Runner's World.** Susie is currently writing a weekly column for **The Sunday Telegraph** in addition to regular pieces for **Weight Watchers Magazine, Woman's Day and Bicycling Australia.***

*Susie is regularly approached for comment by the media on all areas of nutrition and presents regular segments on **Today Tonight, Sunrise, TODAY and New Idea TV.***

*Susie is a qualified sports dietitian and has worked with a number of elite level teams including the **St George Illawarra Dragons, Sydney University Rugby, South Africa Blue Bulls** and is the current consultant sports dietitian at **The Parramatta Eels Rugby League.** Susie is also the proud consultant to leading supplement supplier **Body Science.***

*Susie's vast work history and experience sees her regularly approached to speak and present on all areas of nutrition for both food industry and to the public. Susie currently consults to a handful of industry leaders including **Unilever Australasia** and is a regular speaker at numerous corporate events.*

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