

## **Fiona Hunter, Bsc (Hons) Nutrition, Dip Dietetics**

### **Nutritionist and Food Writer**

Fiona Hunter has over 20 years experience in the field of Nutrition. She began her career as a dietician working in the NHS, after leaving the health service she spent 10 years as nutrition editor at Good Housekeeping Magazine.

Now freelance she writes twice a week for London Lite newspaper and has monthly columns in BBC Good Food and Health & Fitness, Magazine, she also contributes regularly to Zest, Tesco's Healthy Living, The Daily Mail and The Daily Express, as well as appearing regularly on TV and radio.

Her areas of special areas of interest include food allergy, food labelling, children's nutrition, functional foods, obesity, women's health issues and the practical application of the science of nutrition.

She has authored and co-authored several books including 'Power Juices', 'Great Healthy Food for Strong Bones', 'Eating to beat Hypertension' and 'The Natural Menopause Cookbook'. Her latest book 'The GI Plus Diet' was published in November 2006.

In 2003 Fiona won the Re-energise 'Health Professional of the Year' Nutrition Award.

Fiona lives in Notting Hill, London with her husband. She loves marmite, Cornish pasties and peanut butter – but not necessarily at the same meal!