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Sue is a Registered Dietitian and President of Nutrition Solutions, a company specializing in creative communications for health and wellness.

As one of Canada's leading nutrition writers and a nutrition trends expert, Sue is a pro at decoding nutrition science into insightful business and marketing advice for food industry clients. In her role as a nutrition consultant and media spokesperson to national and international food companies, Sue works with marketing teams, advertising agencies and PR firms to craft corporate nutrition communication strategies, key messages, and brand activation materials. She knows how to spin nutrition to garner media attention. To help build brand credibility, Sue ensures that communications are rooted in science, meaningful to the audience, and in compliance with nutrition labelling regulations.

Bringing over 20 years of experience, Sue was one of the first media dietitians in Canada and has been featured on CBC, Canada AM, Global TV, CTV News, and Breakfast Television. She was the in-house dietitian expert for *The Body Break Show*, *The Mom Show*, and *Doctor in the House*, and has appeared in two branded TV commercials. With over 150 impressions to her name, Sue has charmed audiences from coast to coast sharing nutrition tips and promoting the health benefits of innovative functional foods and brands including Becel, Campbell Soup Company of Canada, ConAgra Foods, DanActive, Minute Maid, Peanut Bureau of Canada, and Weston Bakery. Sue has served on Nutrition Advisory Boards for numerous food industry clients, helping to shape communication outreach and lend expertise to issues management.

In addition to food industry clients, Sue consults with government and non-profit organizations such as Health Canada, Dietitians of Canada, and the Ministry of Health Promotion and Sport. Her work includes the development of educational resources on trans fat, sodium, obesity prevention and other priority nutrition issues. Sue was honoured to be selected as the content writer for the 2007 *Canada's Food Guide*. For several years, she was the nutrition editor for *The Health Journal*, and today is a regular contributor to popular consumer and trade publications including *Best Health* magazine and *Canadian Restaurant and Food Service News*.

Described as having an "infectious energy", Sue is known for her fresh and warm personality. She is the co-founder of Nutrition for NON-Nutritionists™, and praised as an inspiring and professional presenter. Sue studied nutritional sciences and holds a graduate degree in health sciences from the University of Toronto. She is a member of the Dietitians of Canada, Ontario College of Dietitians, Academy of Nutrition and Dietetics (American Dietetic Association), Women's Culinary Network, and Canadian Association of Foodservice Professionals.

Sue has always been a role model for healthy living. As a daughter of a Chinese chef, Sue grew up eating and cooking good, wholesome food. She was an internationally certified fitness instructor for 13 years, and today enjoys cycling, pilates and Ashtanga yoga.