



# Thinking Nutrition

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## Media Interviews by Dr Tim Crowe

### Television

9/12/02	A Current Affair, Channel 9	Upsizing meal combos
11/03/03	ABC TV, Health Dimensions	Vitamin and mineral supplement use and efficacy in the healthy population
29/04/03	Today Tonight, Channel 7	Pan Pharmaceuticals nutritional supplements recall
11/11/03	Today Tonight, Channel 7	Accelerometers for weight loss
23/12/03	Today Show, Channel 9 (Live)	Healthy fast-food choices
7/01/04	A Current Affair, Channel 9	Health risks of low- carbohydrate diets
19/02/04	Today Tonight, Channel 7	Healthy fast-food menus
24/02/04	Today Tonight, Channel 7	Healthiness of pizza
12/05/04	Channel 7 News	Fish oil and cancer
	Today Tonight, Channel 7	Weight-loss centres
15/09/04	Channel 7 4:30 News (Live cross)	Low-carbohydrate diets in Australia
15/09/04	Channel 10 News	Low-carbohydrate diets in Australia
15/09/04	Sky News (Live telephone interview)	Low-carbohydrate diets in Australia
20/09/04	Sky News – Willesee Across Australia (Live in-studio talkback)	Low-carbohydrate diets in Australia
16/12/04	Today Show, Channel 9 (Live)	Health advice for Santa
21/12/04	Today Tonight, Channel 7	Polymeal diet for CVD
17/02/05	Today Tonight, Channel 7	Sugar in foods
8/03/05	Today Show, Channel 9 (Live)	Choice survey of breakfast cereals
8/03/05	Sky News (Live)	Choice survey of breakfast cereals
31/03/05	Today Tonight, Channel 7	Detox Diets
4/04/05	Today Tonight, Channel 7	Juice Bars
9/05/05	Today Tonight, Channel 7	Juice Bars
24/05/05	Today Tonight, Channel 7	Nutrition myths
16/08/05	A Current Affair, Channel 9	Breakfast cereals
4/10/05	A Current Affair, Channel 9	Diets reviewed
	Today Tonight, Channel 7	Detox diets
	Today Tonight, Channel 7	Strategies for weight loss
8/01/06	Sky News	CSIRO Diet
27/04/06	A Current Affair, Channel 9	Childhood obesity
19/07/06	Today Tonight, Channel 7	Fish Oil
8/08/06	Today Tonight, Channel 7	Take away food
17/08/06	A Current Affair, Channel 9	Processed meat and cancer

29/08/06	Nine News	McDonald's kids' meals
18/10/06	A Current Affair, Channel 9	Obesity
	A Current Affair, Channel 9	Increasing serving size
8/01/07	Seven News	Caffeine in soft drinks
21/05/07	A Current Affair	Diets
21/06/07	Today Tonight, Channel 7	Supersize burger
	Today Tonight, Channel 7	Supermarket diet myths
29/11/07	Today Tonight, Channel 7	Diet and aging
9/01/08	Channel 10 News	Childhood obesity
30/4/08	A Current Affair	Nutrition and sports performance
27/05/08	The Morning Show, Channel 7	Meal frequency and weight loss
1/09/08	Today Tonight	Meal replacement products
18/03/09	Today Tonight	Weight loss
11/09/09	Can we help?	Chocolate
15/12/09	A Current Affair	Hangover cures
10/2/10	Channel 10 News	Lap banding surgery
17/11/10	Today Tonight	Safety of microwave cooking
13/3/12	Channel 9 News	Red meat and mortality
12/5/14	Channel 9 News	Acrylamide in food
5/11/14	SBS Feed	Detox diets
13/11/14	ABC Catalyst	Low carb diets
30/10/15	SBS News	Low fat diets
17/3/16	Channel 9 News	Superfoods
16/5/16	Channel 7 News	Supplements

### Radio

30/09/99	ABC, Bathurst – Morning show (Live)	Dietary management of PMS
9/12/02	3AW, Melbourne - Breakfast show (Live)	Upsizing meal combos at fast-food restaurants
9/12/02	2UE, Sydney - Breakfast show (Live)	Upsizing meal combos at fast-food restaurants
9/12/02	5DN, Sydney - Morning show (Live)	Upsizing meal combos at fast-food restaurants
9/12/02	Nova FM, Melbourne (Pre-record)	Upsizing meal combos at fast-food restaurants
9/12/02	Curtin FM, Perth (Pre-record)	Upsizing meal combos at fast-food restaurants
12/12/02	ABC Radio, Canberra (Live)	Panel discussion on fast food and obesity
30/01/03	3AW, Melbourne - Morning show (Live)	Low-carbohydrate diets
12/02/03	3AW, Melbourne - Morning show (Live)	Diuretics use in weight loss
26/02/03	3AW, Melbourne - Morning show (Live)	Fat content of fast food
22/09/03	ABC Radio National - World at Noon (Pre-record)	National Heart Foundation position statement on dietary fat and weight
16/12/03	ABC News Radio (Pre-record)	Fad diets

8/01/04	Gold 104, Melbourne (Pre-record)	Health risks of low-carbohydrate diets
8/01/04	MMM, Melbourne (Pre-record)	Health risks of low-carbohydrate diets
8/01/04	Fox, Melbourne (Pre-record)	Health risks of low-carbohydrate diets
8/01/04	2SM, Sydney (Pre-record)	Health risks of low-carbohydrate diets
8/01/04	3LO, Melbourne - Talkback (Live)	Health risks of low-carbohydrate diets
9/01/04	3AW, Melbourne - Talkback (Live)	Health risks of low-carbohydrate diets
9/01/04	6PR, Perth – Morning show (Live)	Health risks of low-carbohydrate diets
9/01/04	ABC News Radio (Pre-record)	Health risks of low-carbohydrate diets
20/01/04	ABC Radio National - Talkback (Live)	Health risks of low-carbohydrate diets
9/02/04	ABC Radio National – Health Report (Pre-record)	Health risks of low-carbohydrate diets
13/02/04	3LO, Melbourne – Morning show (Live)	Atkins' diet
15/03/04	SBS Radio - News (Pre-record)	Victorian Government health warning on fad diets
31/03/04	ABC, Sydney – Drive show (Live)	Healthy fast-food choices
22/04/04	Deutschlandfunk Radio, Germany (Pre-record)	Health risks of low-carbohydrate diets
17/06/04	3AW, Melbourne – Morning show (Live)	Food advertising to kids
29/06/04	ABC Radio National - PM Program (Pre-record)	Risk of high-protein diets
28/07/04	5AA Adelaide – Evening program (Live)	Fad diets and nutrition and cancer
14/09/04	SBS Radio – News (Pre-Record)	Low-carbohydrate diets in Australia
15/09/04	ABC Western Plains – Morning show (Pre-record)	Low-carbohydrate diets in Australia
15/09/04	3AW, Melbourne – Breakfast show (Live)	Low-carbohydrate diets in Australia
15/09/04	5DN – Morning show (Live)	Low-carbohydrate diets in Australia
15/09/04	5AA, Adelaide – Morning show (Live)	Low-carbohydrate diets in Australia
15/09/04	6PR, Perth – Morning show (Live)	Low-carbohydrate diets in Australia
15/09/04	4BC Brisbane – Ian Maurice (Live)	Low-carbohydrate diets in Australia
15/09/04	ABC Tasmania – Evening show (Live)	Low-carbohydrate diets in Australia
15/09/04	ABC Central West – Morning show (Pre-record)	Low-carbohydrate diets in Australia
16/09/04	2SER Sydney – Health show (Pre-record)	Low-carbohydrate diets in Australia
19/09/04	Switch FM, Brisbane – (Live)	Low-carbohydrate diets in Australia
24/09/04	Gold FM, Melbourne – News (Pre-record)	Weight loss and treatment tolerance in cancer
24/09/04	2UE, Sydney – News (Pre-record)	Weight loss and treatment tolerance in cancer
24/09/04	2GB, Sydney – News (Pre-record)	Weight loss and treatment tolerance in cancer
24/09/04	4BC, Brisbane – News (Pre-record)	Weight loss and treatment tolerance in cancer
24/09/04	5AA, Adelaide – News (Pre-record)	Weight loss and treatment tolerance in cancer
28/09/04	6PR, Perth – Morning show (Live)	New low-carbohydrate foods in supermarkets
29/09/04	5AA Adelaide – Evening show (Live)	Nutrition during cancer treatment
18/10/04	Radio Adelaide – Morning show (Live)	Low-carbohydrate diets
23/11/04	3AW, Melbourne – Breakfast show (Live)	Salt content of breakfast cereals
23/12/04	2UE, Sydney – John Mangos (Live)	McDonald's advertising of fast food
5/01/05	ABC Radio National (Live)	Low-carb food products
28/02/05	5AA, Adelaide (Live)	Salads at fast-food restaurants

4/04/05	ABC Radio, Darwin - Afternoon show (Live)	Easy food choices for healthy eating
11/04/05	ABC Radio, Adelaide - Afternoon show (Live)	Infants' food preferences ('Beige Foods')
12/04/05	ABC Radio, Darwin – Afternoon show (Live)	Infants' food preferences ('Beige Foods')
13/04/05	ABC Radio, Gold Coast – Afternoon show (Live)	Infants' food preferences ('Beige Foods')
27/04/05	ABC Radio – Rockhampton – Afternoon show (Live)	Body metabolism and weight loss
07/06/05	6PR, Perth	Exercise and health
17/06/05	ABC Newcastle	Red meat and colon cancer
20/06/05	ABC Nowra	Red meat and colon cancer
4/11/05	ABC National (pre-record)	Caffeine
11/11/05	3AW – Morning show (Live)	Probiotics
29/12/05	ABC Radio - AM	CSIRO Total Wellbeing Diet
9/01/06	3AW – Morning show (Live)	CSIRO Total Wellbeing Diet
9/01/06	ABC Radio Melbourne- Morning show (Live)	CSIRO Total Wellbeing Diet
27/01/06	3SER – Viewpoints (Live)	CSIRO Total Wellbeing Diet
2/02/06	Nova Melbourne	Realistic weight loss goals
20/02/06	3AW - Morning show (Live)	Realistic weight loss goals
26/02/06	Health Matters – Macquarie Regional Radio	Grains for health
12/03/06	3AW – afternoon show (Live)	Fast food in schools
26/04/06	3AW – Morning show (Live)	Meat pies
28/04/06	ABC 702 Local Radio (Live)	Weight loss
28/05/06	Health Matters – Macquarie Regional Radio	Fish oil
28/06/06	Health Matters – Macquarie Regional Radio	Balanced eating
23/07/06	3AW – Morning show (Live)	Childhood obesity clinics
26/09/06	3AW – Afternoon show (Live)	Muesli bars
16/10/06	3AW – Morning show (Live)	Banning of junk food in school's
22/02/07	3AW – Afternoon show (Live)	Low-carb beers
22/02/07	3MMM	Low-carb beers
1/03/07	ABC Radio Melbourne (Live) – Morning show	Vitamin supplements
1/03/07	3AW (Live) – Morning show	Vitamin supplements
29/03/07	ABC Radio Sydney (Live)	Vitamin A and vision
4/04/07	Curtin FM	Obesity in aging
19/04/07	Curtin FM	Diabetes prevention
4/05/07	ABC 774	Coffee
10/8/07	Curtin FM	Internet physical activity programs
19/09/07	Mix FM	Overweight in kids
21/11/07	ABC Radio (Melbourne)	VLCDs
14/01/08	3AW	Children's breakfast habits
14/01/08	ABC Radio (Melbourne)	Children's breakfast habits
14/01/08	2SM	Children's breakfast habits
14/01/08	6PR	Children's breakfast habits
14/01/08	SEN	Children's breakfast habits
13/02/08	Curtin FM	Zinc and infection risk in the elderly

20/03/08	Curtin FM	Food advertising to kids
12/03/08	Curtin FM	Health after retirement
	Regional Radio Network	Winter nutrition
24/07/08	ABC Radio Canberra	Winter foods
7/08/08	Curtin FM	Omega-3s and heart health
10/09/08	Curtin FM	Weight discrimination
	Regional Radio Network	Omega-3s and AMD
20/10/08	Curtin FM	Diabetes and dementia risk
1/12/08	Curtin FM	Diverticular disease
8/01/09	3AW	Salt in Vegemite
16/02/09	Curtin FM	Dark chocolate and heart disease
22/04/09	Curtin FM	Antioxidants and cancer prevention
28/04/09	Radio NZ	Rapid weight loss
14/05/09	Curtin FM	Lifestyle changes before pregnancy
11/6/09	Curtin FM	Timing of chemotherapy
19/08/09	3AW	Weight loss industry regulation
31/08/09	Curtin FM	Diabetes prevention
15/09/09	ABC Radio	Diabetes
4/1/11	2DU	Fad diets
4/1/11	2SM	Fad diets
4/1/11	Gold FM	Fad diets
5/1/11	4BC	Fad diets
5/1/11	2PQ	Fad diets
7/1/11	National Radio News	Fad diets
8/1/11	5AA	Fad diets
9/1/11	Regional Radio Network	Fad diets
31/1/11	ABC Melbourne	Nutrient losses in fruit and veg
31/1/11	3MTR	Nutrient losses in fruit and veg
21/3/11	3MTR	Taxing junk food
23/3/11	ABC Radio South West SA	Taxing junk food
24/3/11	ABC Radio WA	Taxing junk food
29/3/11	2ST	Taxing junk food
1/06/11	ABC Newcastle	Meal timing
20/06/11	ABC Darwin	Dieting
12/12/11	Pulse Radio	Christmas
20/8/12	98.9FM Brisbane	Exercise and weight loss
10/9/12	Pulse FM	Hot chocolate and cognition
11/12/12	ABC Radio Sydney	Detox diets
8/1/13	ABC Radio Sydney	Water and hydration
14/1/13	ABC Radio Melbourne	Water and hydration
21/1/13	ABC Radio Perth	Detox diets
29/9/13	4BC, Brisbane	Juicing
30/9/13	2SER	Juicing
10/12/13	Fox FM	Standing desks in schools
16/12/13	ABC Sydney	Water and hydration
29/12/13	4BC, Brisbane	Diet versus exercise

16/02/14	4BC Brisbane	Myths
23/02/14	4BC Brisbane	Raw foods
6/02/14	ABC Canberra	Detox diets
13/5/14	ABC Newcastle	Red wine and health
13/5/14	ABC Northern Territory	Red wine and health
27/5/14	ABC South East	Red wine and health
18/6/14	ABC South East	Raw food eating
21/6/14	4BC	Dietary fat
1/7/14	ABC South East	Cancer prevention
1/7/14	ABC NSW Statewide	Cancer prevention
6/7/14	4BC	Cancer prevention
6/7/14	ABC Local	Cancer prevention
4/9/14	AFTRS FM	School meals
2/10/14	ABC Regional Victoria	Paleo diet
21/2/14	ABC Melbourne	Diet fads
6/3/15	ABC Melbourne	Sugar
30/3/15	ABC Adelaide	Diet fads
7/4/15	3AW	Nutrition confusion
16/6/15	ABC Darwin	Meal replacements
18/8/15	ABC Sunshine Coast	Protein powders
29/10/15	ABC Alice Springs	Nutrition and cancer
16/15/05	SEN	Holiday weight gain
4/1/16	3MP	Watermelon
6/2/16	ABC Radio National	Calories
15/3/16	Triple J	Protein supplements
17/3/16	3AW	Superfoods
24/6/16	ABC Brisbane	Fad diets
1/7/16	3AW	Butter
5/10/16	ABC Adelaide	Supplements
13/10/16	2SR	Raw food diet
26/10/16	ABC Perth	Blue Zones
14/11/16	2SER	Placenta eating
2/2/17	ABC Canberra	Blue Zones
21/2/17	ABC South West	Breakfast
22/03/17	ABC News Radio	Supplements
16/2/19	ABC Melbourne	Plant-based milks
15/3/19	ABC Canberra	Plant-based milks
13/4/19	ABC Melbourne	Coffee and health
28/4/19	3RRR	Nutrition
20/4/19	ABC Melbourne	Hot tea and cancer
10/6/19	ABC radio	BMI
20/7/19	ABC Melbourne	Slow eating
29/9/19	ABC Melbourne	Sugar
23/11/19	ABC Melbourne	Avocados
14/12/19	ABC Melbourne	Intermittent fasting
25/09/20	ABC Sydney	Blue Zones

3/1/21	ABC Perth	Diet and exercise for weight loss
16/4/21	ABC Radio National	Fad diets
22/4/21	ABC radio Newcastle	BMI
<b>Newspapers</b>		
15/12/02	Sunday Telegraph	'Junk food targeted as obesity threatens life expectancy of children'
28/01/03	Courier Mail	'Food chain reaction' - Obesity and take-away food
8/03/03	Sydney Morning Herald	'This whopping life' – Upsizing of meal portions
3/05/03	The West Australian	'Size does matter' – Upsizing of meal portions
9/05/03	Sydney Morning Herald	'Bigger meals bigger mouthfuls' – Serving sizes of food
20/05/03	MX (Melbourne)	'Vegetarians stake claim to top diet' – Benefits of vegetarian diets
11/06/03	Townsville Bulletin	'Do you need to take Vitamins?'
7/01/04	MX (Melbourne)	'Deadly Diets' – Dangers of low-carb diets
9/01/04	The West Australian	'Fad diets that can starve you to death'
9/01/04	Geelong Independent	'Deakin Diet Warning'
11/01/04	Sunday Age	'Atkins' diet 'unhealthy in long term''
11/01/04	Sunday Telegraph	'Diets Dangerous'
21/01/04	The West Australian	'High fat warning on Atkins diet'
7/02/04	Geelong Advertiser	'Rapid weight loss warning' – Low-carbohydrate diets
12/02/04	The Australian	'Diet guru Atkins died 'obese'
1/5/04	West Australian Independent	Healthy fast food at McDonald's
12/05/04	Geelong Advertiser	'Fish oil cancer hope' – Weight loss in cancer
20/05/04	The Age	Long-term weight loss on Atkins' diet
27/5/04	Australian Financial Review	Fish oil in cancer weight loss
6/06/04	Sunday Telegraph	'The Amish Diet' – Activity and fat balance
25/06/04	Canberra Times	Foods that make you 'warm'
26/06/04	The Age	McDonald's salad plus menu
30/6/04	Wall Street Journal	Food labelling at McDonald's
4/07/04	Sunday Herald Sun	'Fighting the flab: Why diets fail'
11/07/04	Sunday Herald Sun	Junk food toys
18/07/04	Sunday Mail (Adelaide)	'Fighting the flab: diets that leave a hollow feeling'
1/08/04	Sunday Age	Detox diets
15/08/04	Sunday Telegraph	'Sprinkle Diet'
23/08/04	Western Independent	Atkins' Diet
24/08/04	MX (Melbourne)	'Detox diets debate'
26/08/04	AAP	Ryan Bayley – 'KFC Diet'
12/09/04	News Ltd 'Body and Soul'	'Christmas cheer without the fear' - Preparing for Christmas
15/09/04	Brisbane Courier Mail	'Diet confusion health hazard, warns doctor' – Low-carbohydrate diets

15/09/04	AAP	Low-carbohydrate diets in Australia
21/09/04	The Advertiser	'Healthy Eating: Weight of evidence'
26/09/04	News Ltd 'Body and Soul'	'The grass is greener' – Health benefits of wheatgrass
3/10/04	Sun-Herald	'Remedies' – Tea and good health
9/10/04	Herald Sun	'Every step you take' – Lifestyle program for weight loss
9/10/04	Herald Sun	'Tackling nation's obesity epidemic'
9/10/04	The Weekend Australian	'Folate can beat the odds' – Folate and birth defects
10/10/04	Sunday Herald Sun	'Burger kings' – junk food and obesity
13/10/04	Herald Sun	'Coxy to dump baggage' – Step diet
17/10/04	Sunday Mail (Adelaide)	'The burger kings junk food warnings ignored' – Poor diets and weight gain
30/10/04	Sydney Morning Herald	'Nutritionists say ads send mixed messages'
3/11/04	The Age	'Dietitians hunger for new survey'
14/11/04	Sunday Herald Sun	'Experts hit soft drinks'
23/11/04	Courier Mail	'Wagyu way to go' – health benefits of Wagyu beef
9/12/04	The Land	'Marketing challenges for Wagyu industry'
23/12/04	Sydney Morning Herald	'Salad days take a back seat as Macca's beefs up'
10/01/05	Adelaide Advertiser	'Forget deep fries, it is yoghurt and salad'
16/01/05	Sunday Herald Sun	'50 tips for a better life'
23/01/05	Sunday Herald Sun	'Kids get daily kick start'
6/02/05	Sunday Herald Sun	'Truth about juice'
26/02/05	Weekend Australian	'Holding back the years'
27/02/05	Sunday Herald Sun	'Truth about salads'
6/03/05	Sunday Telegraph/Sunday Mail	'Pasta la vista'
27/03/05	Body+Soul Sunday Herald Sun/Sunday Telegraph/Sunday Mail	'The demon drink' – Alcohol and nutrient deficiencies
3/04/05	Sunday Herald Sun	'Easy to eat well' – Healthy food choices in the supermarket
5/04/05	Hamilton Spectator	'Most parents are unaware their kids are overweight'
10/04/05	Sunday Herald Sun	'Food for thought' – Baby's diet can set lifetime trend
10/04/05	Sunday Times (Perth)	'Simple steps to eating smart' - Healthy food choices in the supermarket
12/05/05	Sydney Morning Herald	Dark chocolate and health
19/05/05	The West Australian	'Japanese beef hits the Australian menu at a whopping \$100 a kilo'
29/05/05	Sunday Herald Sun	'A dark side to 'lite' food'
16/05/05	Sydney Morning Herald	'Study confirms meat and cancer link'
21/06/05	Courier Mail	'Drink with a dash of hype'
18/09/05	Sunday Herald Sun	'Stuff 'n' starve'
25/09/05	Sunday Herald Sun	'Takeaway not obesity culprit'



9/01/06	Herald Sun	'The biggest loser' - CSIRO Diet
17/01/06	The Australian	'How soft drinks refresh your memory'
4/03/06	The Age	'Healthy is in but junk still rules the food chain'
12/03/06	Sunday Herald Sun	'Some fries with that? Schools link to fast food chains'
14/03/06	The Age	Healthy fast food menus
25/03/06	The Australian	'Wonder ingredient not the good oil once touted'
26/04/06	The Age	'MCG goal should be better food, health body urges'
27/04/06	Herald Sun	'Experts student by tubby tots'
28/04/06	The Advertiser	'Fight on fat needs early start'
30/04/06	Sunday Herald Sun	'Do you want fat with that? Monster Mac under wraps'
9/04/06	The Age	'Dietary applause for the bun's rush'
10/06/06	The Age	Omega-3s
9/07/06	Sunday Herald Sun	'Oranges off menu Lollies 'better' for kids playing sport'
2/08/06	Weekly Times	TOWN Clubs
20/08/06	Sunday Herald Sun	'Pollies too roly-poly Lose weight, Beazley told'
24/08/06	Herald Sun	'Baby battle of bulge'
27/08/06	Sunday Herald Sun	'Cereal offenders'
6/09/06	MX	'Goji's health benefits can go jump, doctors claim'
3/11/06	Herald Sun	'Keeping grave at bay'
6/12/06	Herald Sun	'Bananas keep pressure off'
8/12/06	Herald Sun	"Covered by colour"
3/01/07	Herald Sun	Obesity opinion piece
7/02/07	The Age	Heart Foundation Tick
22/02/07	Herald Sun	Low-carb beers
1/03/07	Herald Sun	Vitamin supplements
4/03/07	The Sunday Age	Breakfast cereals
23/03/07	Herald Sun	'Grow your own'
4/04/07	Manningham Leader	Health footy club food
8/04/07	Sunday Herald Sun	Diet soft drinks
10/04/07	MX	'Bunny fat lingers on'
13/04/07	Herald Sun	'Burger stacks up to rivals'
15/4/07	Sunday Herald Sun	'Super big uniforms'
29/05/07	Geelong Advertiser	'What's good for you?'
19/05/07	Courier Mail	'Let's have lunch'
16/07/07	Herald Sun	'What you need'
19/07/07	Northern Territory News	Nutrient deficiencies
20/07/07	The Age	'Pounding for Nine weight-loss show'
11/08/07	The Australian	Careers in dietetics
29/08/07	The Age	Low-carb beers

18/9/07	Herald Sun	'Treating the fat disease'
29/10/07	Body+Soul	'Slip, Slop, Slurp'
2/11/07	Herald Sun	'Homer Simpson way of life linked to cancer risks'
4/12/07	The Age	'The white stuff'
12/01/08	Herald Sun	'Flab loss? Fat chance'
14/01/08	The Age	'One in 10 youngsters start day with breakfast of junk food'
14/01/08	Herald Sun	'Soft drink, chips for brekkie not cool'
18/02/08	Herald Sun	'Crunch time, kids'
27/05/08	Asian News International	Meal frequency and weight loss
28/05/08	Courier Mail	Protein and weight regulation
1/06/08	Body+Soul	'Your 10-step winter survival guide'
4/07/08	Courier Mail	Food serving sizes
14/07/08	Herald Sun	'Say hi to high fibre'
25/08/08	Herald Sun	'Brilliant brekkies'
31/08/08	Sunday Herald Sun	'Fast-food tax call Takeaway outlets saturate poor suburbs'
31/08/08	Sunday Herald Sun	'New fry-up cancer link'
31/08/08	Sunday Mail	Fried brekkie 'a cancer risk'
21/09/08	Sunday Herald Sun	Sandwich choices
8/10/08	AAP	Rising food prices and obesity
22/10/08	Herald Sun	Eating slowly
17/02/09	Melbourne Weekly Times	In-pharmacy weight loss programs
26/04/09	Sunday Age	Dairy foods and weight loss
15/06/09	Herald Sun	Causes of obesity
9/07/09	Neos Kosmos	Organic Foods
22/07/09	Neos Kosmos	Protein and muscle growth
25/07/09	Herald Sun	Probiotics
25/08/09	Sydney Morning Herald	Blood type diet
6/10/09	Courier Mail	Childhood obesity
28/2/10	Sunday Herald Sun	Fast food in play centres
4/04/10	Sunday Herald Sun	Chocolate
5/04/10	Sydney Morning Herald	Fructose
2/07/10	Adelaide Advertiser	Snacking
31/7/10	AAP	Online weight management programs
	Sydney Morning Herald	Weight loss supplements
5/1/11	Herald Sun	'Fad diets? Fat chance, say experts'
8/1/11	The Australian	Fad diets
30/10/11	The Age	"It's the kilojoules, just you weigh and see"
18/1/12	Sydney Morning Herald	Superfoods
7/8/12	Herald Sun	Multivitamins
11/12/12	ABC	Sugar
10/2/13	Herald Sun	Fad Diets
3/3/13	Body+Soul	Metabolism
29/7/13	SMH Pulse	Food myths – coffee, salt and oils

2/9/13	NineMSN	Are detoxes dangerous?
24/9/13	SMH – Paula Goodyer	Chocolate a health food - really?
11/10/13	NineMSN	How much water should we really be drinking?
14/10/13	NineMSN	Raw food diet
16/12/13	Geelong Advertiser	Beetroot juice
8/12/13	NineMSN	Vitamin and mineral supplements
5/2/14	NineMSN	Fat vs Sugar
2/14	Australian Magazine	Causes of obesity
12/3/14	News Daily	Forget fad diets
2/6/14	ABC Online	Do soy foods increase your risk of cancer?
12/6/14	SMH	The truth about protein in the diet
15/10/14	West Australian	Paleo diet
25/1/15	Portland Observer	A healthier diet shouldn't be a fad diet
7/4/15	The Age	Nutrition confusion
7/8/15	The Daily Telegraph	Why you need to eat less as you age
24/9/15	The New Daily	Eat these foods to lose weight
15/12/15	The New Daily	Holiday weight gain
18/1/16	The Weekly Review	Lola Berry and the growth of Melbourne's wellness warriors
27/2/16	The New Daily	Why we should all be 'eating' more water
17/3/16	Geelong Advertiser	Superfoods
12/6/16	Herald Sun	Most vitamins a waste of money for the 'worried well'
23/10/16	Huffington Post	Blue Zones
4/2/17	The New Daily	Is protein powder good for you?
10/03/17	SBS Food	Is it ever a good idea to eat a high-fat diet?
3/6/17	The New Daily	What you need to know about CSIRO's Flexi Diet
11/6/17	SMH	Is cheese bad for you?
30/8/17	SMH	High-fat versus high-carb: is the verdict finally in?
14/3/18	ABC Health Online	Are organic foods worth the cost?
19/07/18	SMH	Full-fat dairy may not be the enemy we once thought
20/09/18	The New Daily	Kombucha
2/10/18	SMH	Women's vitamins
6/10/18	SMH	This food is absurdly good for you, so go nuts
26/10/18	The New Daily	Red Bull
5/2/19	The New Daily	The simple things you can do to help prevent getting cancer
12/2/19	The New Daily	Research uncovers brand new benefits of vitamin C
4/7/19	The Age	Is saturated fat as bad for us as we think?
9/8/19	The Age	How to live to 110: Drink, smoke and ... lie about your age?
9/6/20	The Age	Will the crisis actually make us healthier in the

long run?

## Magazines

7/01/2004	New Idea	'Breathing diets'
Feb 2004	Family Circle	'Do you eat for health?' – People's perceptions of food and health
11/03/04	Australian Doctor	'Beating the carb cops'
21/05/04	Australian Doctor	'Atkins-style diets closer to acceptance'
9/06/04	The Bulletin	'Atkins Under Fire'
	Marie Clare	Fad diets
April 2004	New Idea	Metabolism quiz
March 2005	Weight Watchers Magazine	Metabolism and weight loss
April 2005	New Idea	Weight-loss spray
April 2005	New Idea	Exercise, health and mortality
May 2005	New Idea	Frequency of fast food eating in Australia
August 2005	New Idea	'Why every woman loves a fat friend' - Tips for weight loss
Oct. 2005	New Idea	10 sure-fire ways to lose weight
Oct. 2005	New Idea	Evidence for GI for weight loss
Oct. 2005	New Idea	TV viewing and obesity
Jan. 2006	Madison	Vitamin and mineral supplements
Feb 25, 2006	New Idea	Diets compared
July 8, 2006	New Idea	Weight loss after pregnancy
August 2006	New Idea	Helping with weight gain
Dec. 2006	Cosmo	Healthy food myths
	Oxygen	Cancer Prevention
4/11/06	New Idea	Celebrity food fads
	ABC Health magazine	Vitamin and mineral supplements
25/11/06	New Idea	Curry and colorectal cancer
Jan. 2007	Cosmo	Supersizing
3/2/07	New Idea	Vegetables and cognitive decline
	New Idea	Breastfeeding and weight loss
Spring 2007	Reader's Digest: Health Smart	Diet tips
November 2007	Cosmo	Eating over Christmas
1/12/07	New Idea	Pomegranate juice and prostate cancer
30/05/08	Foodweek	Meal frequency and weight loss
July 2008	Slimming & Health magazine	Antioxidants
June 2008	Woman's Day	Food and mood
April 2009	Good Health and Medicine	Foods for weight loss
8/12/08	OK!	Sugar cravings
	Weight Watchers Magazine	Artificial sweeteners
	Good Medicine Magazine	B-Group vitamins
2/07/09	Choice Magazine	Antioxidants in green tea
	Woman's Day	Salt and children

November 2009	Prevention	Metabolism myths
Dec 2009	Healthy Food Guide Magazine	Probiotics
April 2010	Prevention	Exercise and weight loss
April 2010	Weight Watchers Magazine	Diabetes
Sep 2010	Women's Health Magazine	Sugar-sweetened beverages and body weight
	Readers Digest	Multivitamins
	Australian Unity Magazine	Multivitamins
	Woman's Day	Sugar
Oct 2010	Healthy Food Guide	Weight loss tips
	Good Health	BBQ meat and cancer
	Marie Claire	Sweeteners
Sep 2011	Australian Women's Health	Probiotics
June 2012	Women's Day	Metabolism
August 2012	Choice	Multivitamins
March 2013	Madison	Sugar
April 2013	It's My Health	Protein supplements
April 2013	Healthy Food Guide	Vitamin supplements
May 2013	Healthy Food Guide	Fish oil vs krill oil
June 2013	Healthy Food Guide	Central adiposity
8/7/13	NineMSN	Low-fat dairy
3/12/13	ABC Health & Wellbeing	Can you overdose on vitamin and mineral supplements?
4/12/14	NineMSN	Fasting
8/4/15	Mamamia	Nutrition confusion
13/4/15	SMH	David Gillespie's Eat Real Food
29/4/15	NineMSN	Calorie content of food
15/6/15	ABC Health & Wellbeing	Meal replacement shakes
21/9/15	Science Alert	Bingeing on chocolate
14/1/16	ABC Health & Wellbeing	Intense cleanse, weight loss, kick-start: Will a detox diet really rid your body of toxins and make you healthier?
23/1/16	The New Daily	Diet rest day
16/5/16	ABC Health & Wellbeing	Supplements
24/5/16	ABC Health & Wellbeing	Paleo diet pros and cons: Would we all be healthier if we ate like cavemen?
7/6/16	ABC Health & Wellbeing	Raw food diet pros and cons: Does cooking food destroy its goodness?
9/7/16	The New Daily	Soy milk
14/7/17	SBS Online	What you need to know about slamming vinegar shots
November 18	House and Garden	Vitamin and mineral supplements
15/11/18	ABC Health & Wellbeing	Blueberries
Jan/Feb 2019	Weight Watchers Magazine	Detox diets
9/2/19	ABC Health & Wellbeing	Almond, soy or coconut? How plant-based

4/4/19	ABC online	milks compare to regular dairy
5/11/19	ABC Health & Wellbeing	Vegan burgers
7/2/20	Good Food Magazine	Move over, Iceland: Australians claim they have a 25-year-old McDonald's burger
2/1/21	ABC Health Online	Should I eat that?
		BMI