



DESIGNER DIETS

By Geraldine Georgeou

*“Designing a diet
just for you.”*



GERALDINE GEORGEOU ACCREDITED PRACTISING DIETITIAN

Dietitian Geraldine Georgeou is a familiar face in the media world. She's an Accredited Practising Dietitian at three busy Sydney clinics, who's also managed to make frequent appearances on TV - Mornings with Kerri-Anne, A Current Affair, Sunrise, Today Tonight and nightly news broadcasts across all three commercial networks as well as the ABC and SBS. She can also boast print bylines in Good Medicine, New Idea, Instyle, Woman's Day, and The Daily Telegraph.

Geraldine is also featured in Famous magazine offering advice to the reader and has a bi - monthly feature article in Pharmaceutical magazine – Postscript.

Geraldine has had regular chats on radio with Dr James Wright on 2UE's Health Show and other radio programs including Macquarie Regional Radioworks Talking Back The Night With Kym Ferguson (weekly) and Health Matters, where she's discussed with Dr John Darcy, topical issues such as children's nutrition, weight loss, cardiac health, antioxidants and more.

Throughout her career to date, Geraldine's standing within the world of nutrition has seen several big name brands – including Meat & Livestock Australia, Patties foods, Kelloggs, The Wiggles, Horticulture Australia Limited, Simplot, Prosure -Abbott , Subway and Novartis - Benefibre – utilise her breadth of knowledge and friendly persona, as a media spokesperson.

Geraldine attained her Bachelor of Science and Masters of Science from the University of Wollongong in 1994, and has now been working as an Accredited Practising Dietitian for more than 10 years. She is currently in full time private practice and director of clinics in Kogarah, Macquarie St - Sydney and Randwick known as Designer Diets by Geraldine Georgeou.

She has particular expertise in gastroenterology, endocrinology, respiratory health and cardiology; as well as a special interest in weight management – extending to polycystic ovary disease, fertility,

menopause, insulin resistance and diabetes. Growing issues of food intolerances, childhood obesity and family nutritional health are also of great concern to her.

Geraldine also has extensive experience in bowel health issues due to her time as a Gastroenterology Dietitian at The Prince of Wales Hospital in Sydney – and is also a spokesperson for the Coeliac Society and Member of the Council for the Gut Foundation at The Prince of Wales Hospital.

Apart from her extensive media portfolio and busy practice, Geraldine also regularly participates in lectures and workshops for G.Ps and other healthcare professionals and also provides a Dietetic service to the Australian Navy. When she's not busy promoting all things nutritious, Geraldine also spends as much time as possible with her husband and young son in their southern Sydney home.

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