

Maria Manoli is a dietitian who just completed her final year of Masters of Nutrition and Dietetics at the University of Sydney. She previously completed a Bachelor of Science (Physiology) at the University of Sydney. For approximately two years she has worked as a Nutritional Researcher and administration assistant under Designer Diets by Geraldine Georgeou. Maria has been involved in many tasks such as food analysis, research in nutrition articles, preparation and assistance in meetings for the Gut Foundation and for the Coeliac Society. She has also assisted in the development of the nutrition information for “The Gut Foundation Cookbook – Recipes from Australia’s Top Chefs”. She has been involved in practical experience throughout her degree at a number of hospitals and industries such as Nestle, has been a volunteer for the Nutrition Society of Australia Conference, and has attended a number of nutritional conferences. She is just completed a Research project at Calvary Health Care Sydney involving public health and food service. Experience has also been gained by working with numerous people in the food and retail industry and through this Maria has discovered the need to not only be a healthy individual but also the importance of raising the awareness of healthy eating in the community through nutrition education. With Cypriot roots and a vast background in Food Service she aims to bring her knowledge of preferred meal ideas to help consumers make nutritionally sound choices.