

# CN

complete  
nutrition

AUSTRALASIAN EDITION

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**NEW  
PRODUCT  
WALL  
on p41**

**BONE HEALTH  
PLUS  
A "3-D VISION"  
A VIEW FROM AUSTRALIA  
AND NEW ZEALAND**

ENHANCED RECOVERY AFTER  
SURGERY PROGRAMMES

INTRAVENOUS  
FEEDING

EAT YOURSELF  
COLD FREE!

## Nutritional Aspects of Colorectal Cancer Treatment

NEWS ● JOURNAL WATCH ● DIARY DATES ● AND MUCH MORE...

## WHO'S WHO IN NUTRITION

**Amanda Clark** is an Advanced Accredited Practising Dietitian (AdvAPD) who completed her postgraduate qualifications in nutrition and dietetics at the University of Sydney and now lives on the Gold Coast with her husband and two teenage sons. She has a special interest in weight management, eating disorders and mental health

One of Amanda's frustrations when she first entered the profession was that bookshops rarely had staff available that could validate the quality of advice offered in the health and diet sections of the shop.

Her aim was to establish a central, reliable, easily accessible source of literature and professional reference material for Australian dietitians and their clients. Now, with over 20 years of experience, Amanda runs her own Gold Coast-based practice, Great Ideas in Nutrition, which gives clear, concise and realistic advice about food and nutrition. Amanda also reviews other nutrition authors' work for listing of the best books and resources in her online shop at [www.greatideas.net.au](http://www.greatideas.net.au).

Amanda has appeared on *A Current Affair*, *Sunrise*, *Mornings with Kerri-Anne* and *Brisbane Extra* and has been interviewed for health-related features in *Woman's Day*, *Good Health & Medicine*, *Body + Soul*, *Slimming & Health*, *Madison* and *Notebook* magazines.

In 2006, Amanda received the prestigious Dietitians Association of Australia's (DAA) President's Award for Innovation. The award recognises outstanding contributions to innovation and creative ideas.



The DAA has commended Amanda's web-based catalogue of literature and nutritional reference material which has become a valuable international resource for dietitians, educators, students and people in need of nutritional advice.

Her *Portion Perfection* book, plate and bowl (featured in our Books section on p35) was developed by Amanda to help people learn how much is right to eat based on their calorie needs. Her unique concept of showing the appropriate portion size of meals and snacks teaches readers how to judge appropriate portions.