



Prestigious Award for Gold Coast Dietitian

Gold Coast dietitian Amanda Clark received one of her profession's highest accolades when she won a National Innovations Award from the Dietitians Association of Australia recently.

The award recognises outstanding contributions to innovation and creative ideas within the profession.

The DAA 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.

Amanda says the importance of her award is borne out by the fact that over 60% of the Australian population is now affected by obesity, or some other nutritional disorder.

"In the Southern Gold Coast/Tweed area alone, almost 190,000 people fall into this category," she said.

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 books in their health and diet sections.

"Many of the books available were published by overseas authors," she said.

"The choices were overwhelming and quite confusing. My aim was to establish a central, reliable, easily accessed source of literature and professional reference material for Australian dietitians and their clients."

All the books and literature available from the website have been carefully assessed by Amanda to ensure that their content is relevant and accurate. Most are written by Australian authors to suit Australian circumstances.

Amanda's web-based business, Great Ideas In Nutrition, (www.greatideas.net.au) has been exceptionally well received by dietitians in rural and remote areas, whose clients are also able to order books specialising in their specific dietary needs on-line.

Amanda's website is now regularly supplying books and professional literature to dietitians in Singapore, Hong Kong and New Zealand.

Great Ideas In Nutrition operates from a shopfront in Showcase On The Beach shopping centre at Coolangatta, where a wide selection of dietary books is available for sale over the counter. The dietetic practice has three qualified dietitians available for consultation.

Amanda Clark can be contacted on 5536 6400.