

Joanna McMillan

Nutrition Scientist, Media Personality, Keynote Speaker & MC

Dr Joanna McMillan is a nutrition scientist with a high media profile and over 20 years' experience working in the health and fitness industries. She is an accomplished author, runs her own website drJoanna.com.au, writes a successful weekly column in Sunday Life, and regularly appears on television.

A TedX speaker, Dr McMillan's powerful, passionate and joyful presentation style ensures the rapt attention of audiences. In demand as a keynote speaker for corporate or public events, she also presents live cooking demos in addition to discussions on nutrition, healthy lifestyles and work-life balance. Her experience also equips her to lead charity balls, conference proceedings or other events as a master of ceremonies.

Joanna moved to Australia from Scotland in 1999 with a Bachelor of Science with First Class Honours in Nutrition and Dietetics. She then won a scholarship to complete her PhD with The University of Sydney, which she was awarded in 2006.

More about Dr Joanna McMillan

With a skill for translating science into everyday messages, Dr McMillan quickly became an authority on health and nutrition. Her website drJoanna.com.au, is a trusted nutrition and healthy lifestyle hub, which also houses her successful online healthy lifestyle change program, Get Lean.

She has published several books on nutrition and health, including Get Lean, Stay Lean - The 6-step program for a happier, healthier body, for life. Inner Health Outer Beauty won the 2010 Australia Food Media Awards for Best Health or Specific Diet Book and she has authored books including the internationally published The Low GI Diet, The Low GI Diet Cookbook (Hachette Livre) and Star Foods. Joanna contributes and consults for numerous publications and online blogs, including her own. Her enormously successful weekly column in Sunday Life, My Day on a Plate, has been running for several years. Joanna is a regular on television shows including The Today Show, A Current Affair, Nine News, 7 News, Studio 10, Destination Happiness and ABC Catalyst.



Dr Joanna McMillan is a proud ambassador for Diabetes Australia, The Skin and Cancer Foundation and FoodBank.

Client Testimonials



Joanna has worked with the Calliden Group on 3 occasions now to speak to a combined audience of over 200 women about general wellbeing. Our dealings with Joanna from onset have been professional yet executed with utmost simplicity. Joanna has captivated audiences with practical advice and received many compliments along the way. She has taken the time to tailor her tips to suit individuals who have been most grateful for her support. Joanna is a picture of glowing health who is living proof that her beliefs work. I would have no hesitation in recommending Joanna and will definitely engage in her services again in the future. 10 out of 10 on every level.

Calliden Group



Joanna was received very well by the audience. Feedback was incredibly positive and her presentation was incredibly professional, on topic and she was very easy and lovely to deal with.

Lahra Carey Media & Communications

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