

Jemma O'Hanlon

Dietitian, Nutritionist, Consultant and Speaker

Jemma O'Hanlon is a keynote speaker, consultant and one of Australia's most prominent media dietitians.

On a mission to make nutrition easy to digest, Jemma is a recognised expert across TV, radio, print and online, and a regular on Channel 7's The Morning Show.

An Advanced Accredited Practising Dietitian with over 20 years of experience, Jemma is a Heart Foundation spokesperson and former Vice President of Dietitians Australia.

Jemma lives and breathes health and fitness, and when she's not in the kitchen she enjoys hiking out in nature and taking her energetic kelpie for a run.



Jemma O'Hanlon Talks About

- **Peak Performance:** How to fuel your day for optimal productivity
- **Budget Bliss:** Eat well, save money, feel energised
- **The Planetary Plate:** The food formula for a sustainable future
- **Nourish to Flourish:** What to eat to boost gut & brain health
- **Healthy Easy:** Health hacks for busy professionals

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