

Dr Joanna McMillan

Doctor of Nutrition Science, Dietitian & Lifestyle Medicine Fellow

What and how we eat, now and in the future, has never been more important in terms of its impact on our physical and mental health, and for the health of our planet. Yet it is more confusing than ever for us to know the best choices to make when so much conflicting information abounds. This is where Dr Joanna McMillan excels.



Jo has a natural ability to translate complex science into simple, everyday messages that engage; benefiting the wellbeing of audiences across all media platforms; be it audio, broadcast, print or in front of a live audience.

As a PhD qualified Nutrition Scientist, Accredited Practising Dietitian, Fellow of the Australasian Society of Lifestyle Medicine, Graduate of The Australian Institute of Company Directors, and a Certificate in Sustainable Food: Production to Processing from the University of Cambridge, along with a career spanning three decades, Jo has the credentials and the experience to earn her place as one of Australia's most sought-after and trusted health and wellbeing experts. Jo is a regular on television across all networks, currently appearing as the 'good chef' on Channel 10's Good Chef Bad Chef, as the host of The Truth About Fasting, Beating Diabetes and Gut Revolution on ABC's science show Catalyst, and has presented nutrition segments on the Nine Network's Today Show for almost 20 years. Jo is a frequent guest on a variety of radio networks and podcasts, as well as featuring in online and print publications, including her long running column My Day on a Plate in Sunday Life.

With eight books and four Audible originals under her belt, she brings a wealth of knowledge and experience. Her TEDx talk has captivated over a million viewers worldwide and she speaks regularly at corporate, industry and public events both locally in Australia and across the globe. Jo is available for keynotes, brand and campaign partnering, content creation and media opportunities.

Dr Joanna McMillan Talks About

The Future of Food: Eating for a Healthier Planet and a Healthier You

What will we eat in the future, and how can our choices support our health and the planet? Dr. Joanna McMillan explores sustainable, plant-rich diets that integrate innovation and tradition. From ancient grains and seaweed to fungi and insect proteins, discover how science is solving





global nutrition challenges. This keynote offers a hopeful, inspiring vision of how our food systems can evolve to help us thrive while protecting the Earth for future generations.

Thriving in Midlife and Beyond: The Science of Longevity and Vitality

Midlife is your launchpad for living your best years. Dr. Joanna McMillan shares cutting-edge insights on aging well, offering practical advice on diet, exercise, and lifestyle. Explore the science of gut health, metabolism, and brain resilience to stay sharp, energised, and confident. This inspiring keynote will leave you ready to embrace midlife with vitality and purpose.

Fibre: The Supernutrient Redefining Health

Could fibre be the secret to lifelong health? Dr. Joanna McMillan uncovers its powerful role in gut, brain, and body wellness. Backed by microbiome science, she reveals how dietary fibre lowers inflammation, boosts mental well-being, and prevents disease. Learn how the right mix of fibres can transform your energy, mood, and long-term health in this groundbreaking talk.

The AI Revolution in Nutrition: Personalised Wellness Is Coming

Imagine a diet tailored to your DNA, lifestyle, and microbiome. Dr. Joanna McMillan explores how AI is transforming nutrition with personalised solutions. Learn how wearable devices and genetic testing combine with AI to optimise gut health, blood sugar, and more. This keynote inspires audiences to embrace the future of wellness while navigating challenges like data privacy and accessibility.

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