



## **Sue Mah** MHS<sub>c.</sub>, RD

Sue is a Registered Dietitian and President of **Nutrition Solutions Inc.**, a company specializing in nutrition communications.

Having made her TV debut on the Body Break Show in 1996, Sue is now a recognized face in the media. She was the regular dietitian expert for the national TV shows *Doctor in the House* and *The Mom Show*, and has appeared in over 100 media impressions from coast to coast including CBC NewsWorld, Canada AM, Global TV, CTV News and Breakfast Television.

Sue is a regular columnist for the *Best Health* magazine and is also the nutrition editor of *The Health Journal* magazine. She was a content writer for the 2007 *Canada's Food Guide* and is a regular writer for the Dietitians of Canada, the Ontario Ministry of Health Promotion and numerous food industry clients.

Working with well over a dozen of the country's top PR firms, Sue knows how to spin nutrition to get media attention. In her role as a media spokesperson and consultant to over 20 national and international food companies, Sue has helped to develop strategies, creatives and media campaigns to educate Canadians on nutrition and healthy eating.

Sue offers a nutrition trends and communications course geared for marketing, sales and PR professionals.

Sue has always been passionate about health and wellness. As a daughter of a Chinese chef, Sue grew up eating and cooking good, wholesome food. She was an internationally certified fitness instructor for 13 years, and today enjoys cycling and Ashtanga yoga.

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**Sue's extensive client portfolio includes:**

Apex Public Relations  
Ambrose Carr Linton Carroll Advertising Inc.  
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Environics Communications  
Enzyme Communications  
Faye Clack Communications Inc.  
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HealthComm Inc.  
HighView Communications  
Impact Integrated Communications  
Langdon Starr Ketchum  
MacLaren McCann HealthCare  
Optimum Public Relations  
Smitten Creative Boutique  
Strategic Objectives  
  
Canadian Council of Food and Nutrition  
Cancer Care Ontario  
Dietitians of Canada  
Health Canada  
Heart and Stroke Foundation  
Ontario Ministry of Health Promotion  
Ontario Public Health Association  
  
Agropur  
Bard Valley Medjool dates  
Borden Foods Canada  
Campbell Soup Company of Canada Ltd.  
Canadian Turkey Marketing Agency  
General Mills Canada  
John Vince Foods  
Mead Johnson Nutritionals  
Minute Maid Company of Canada Inc.  
Neilson Dairy  
Ontario Potato Board  
Peanut Bureau of Canada  
Renée's Gourmet Foods Inc.  
Ronzoni Foods Canada Corporation  
SmithKline Beecham Inc.  
SoyaWorld Inc.  
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Turkey Farmers of Canada  
Unilever Canada  
Wasa Crispbread  
Weston Bakery Ltd.