

A woman with blonde hair, wearing a white button-down shirt, stands in a vibrant vegetable market stall. She is smiling and holding up a slice of orange. The stall is filled with various fresh produce, including leafy greens, red tomatoes, and other vegetables in wooden crates and baskets. In the foreground, there is a wooden counter with various cooking ingredients and utensils, including a striped container with lemons, fresh herbs, a frying pan, a bowl of spinach, and several small bowls containing different types of beans and spices. The overall atmosphere is bright and healthy.

jemma o'hanlon

Dietitian & Nutritionist

Services

story



It all started when Jemma was just three years old, whipping up delicious recipes in the kitchen with her Mum. She had a soft spot for sweets, and licking the bowl was always the best part.

Jemma's dream was to have her own cooking show. When she wasn't in the kitchen, she was madly scribbling down recipes as she watched celebrity chefs whip up a storm on the TV. Afterwards, she would bound into the kitchen, excited to cook and find a way to add a healthy twist to the dish.

It was on Channel 10's My Market Kitchen that Jemma's dream first came true, taking the program's audience on a journey from farm to fork.

Fast forward to today, where cooking remains a huge part of Jemma's life. It's how she shares special moments with her loved ones and nothing brings her more joy than inspiring others to find health & happiness through food.





credentials

BHlthSc Nutr&Diet AdvAPD GAICD

As a trusted nutrition expert, Advanced Accredited Practising Dietitian and former Vice President of Dietitians Australia, Jemma has over 19 years of experience and is passionate about helping Australians achieve health and happiness through food.

A consultant, speaker and presenter, Jemma is often called upon by the media for her opinion on topical nutrition matters, from the latest diet and superfood to research breakthroughs and the big issues affecting the health of the population.

Jemma's voice of authority is backed by her university qualifications with a Bachelor of Health Science (Nutrition & Dietetics) at the Queensland University of Technology.

Jemma is renowned for her integrity and professionalism and brings a strong understanding of governance as an experienced director and Graduate of the Australian Institute of Company Directors (GAICD).



let's work together

Jemma's approach to business relationships centres on:

- trust
- shared values
- good communication
- an authentic connection to the purpose

Whether it's presenting an inspiring session to your employees, delivering strategic programs, advocating for important issues or presenting live on national television, Jemma is your go-to health and nutrition expert.

So, what's on the menu? Choose from a selection of services - from bite sized starters, to entrees, mains and of course, dessert.

PRESENTATIONS

Keynotes
Seminars
Workshops
Cooking Classes

WELLBEING PROGRAMS

Menu Design & Review
Health & Wellbeing Programs
Educational Tools, Videos & Resources

COMMUNICATIONS

Advocacy
Board Governance & Advice
Strategic & Crisis Communications

MEDIA

TV, Radio, Print, Online
Editorial, Blogs, Articles
Brand Ambassador
Social Media

CULINARY NUTRITION

Recipe Development & Photography
Nutrition Analysis & Claims
Product Reviews

ENGAGEMENT

Health Professional Engagement
Business Development
Stakeholder Engagement



presentations



HORT CONNECTIONS
5-7 June 2023
Adelaide Convention Centre
FRESH PRODUCE ASSOCIATION AUSVEG

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health professional engagement





board governance





advocacy





wellbeing programs





media





media experience

Television

The Morning Show
ABC News Breakfast
My Market Kitchen
Studio 10
ABC Landline
7News
9News
10News

The House of
Wellness
Weekender
SBS The Feed
A Current Affair
The Latest
WIN News

Print

body+soul
The Age
Sydney Morning
Herald
The Australian
The Herald Sun
The Daily Telegraph
The Advocate

The Courier Mail
Healthy Food Guide
goodfood
Muscle & Health
Magazine
WA Potatoes
Magazine

Columns

Fitness First Magazine
Fernwood Magazine

Radio

2GB
3AW
2UE
ABC
Fox
Pulse
Sonshine
Noongar
4KZ
Star

Triple M
6PR
Hope
2NUR
2BS
2SM
Northside
Douglas
Ultra 106five
Hot Tomato
2CC

Online

news.com.au
The Guardian
body+soul
SBS Food
kidspot
The Australian
goodfood
ABC Health
The Age
SBS News
9Honey

The New Daily
Daily Mail
nine.com.au
bellamumma
HuffPost
Female.com.au
Now To Love
girl.com.au
QLD Country Life
National Tribune



tv presenter



The vegan EXPERIMENT

A YEAR AGO, DIETITIAN JEMMA O'HANLON WENT VEGAN. SHE REVEALS HOW LONG SHE LASTED AND WHETHER IT'S HEALTHY TO BE VEGAN IN THE LONG TERM.

QING VEGAN WAS THE craziest experiment I have ever undertaken. I had been an omnivore all my life, growing up in a traditional meat and three veg family, but after becoming more interested in animal welfare and planetary health, I decided to give vegan a go. Being vegan means excluding all meat and animal products (meat, poultry, fish, seafood, dairy and eggs). I wondered how long I could possibly last. A week, possibly less? I wasn't sure.

Well, I'm pleased to say my experiment as a vegan lasted more than a year. Eventually, I introduced dairy and eggs back into my diet, but I still exclude meat. After I went vegan, the evidence on the benefits of plant-based eating continued to grow, but as with any health and fitness trend, eventually the honeymoon among the public can wear off. Veganism has come under more criticism lately, largely thanks to two reasons I consider to be myths.

ALTERNATIVE MILKS: A SAMPLE TEST

TODAY, THE MILK OR 'MYLK' AISLE OFFERS MORE CHOICE THAN WE CAN IMAGINE. BUT ARE THEY ALL GOOD FOR US? DIETITIAN JEMMA O'HANLON SAMPLES A FEW ALTERNATIVE MILKS TO GAUGE HOW HEALTHY THEY REALLY ARE.

WHETHER YOU'RE unable to drink cow's milk or choose not to, it's clear that plant and alternative milks are on the rise. The decision has also become incredibly complex. We're not just choosing between low and full fat, it's now sweetened versus unsweetened, regular or probiotic, fortified or non-fortified, and even activated or non-activated. Plus, the main question which 'plant' do you choose? Almond, soy, macadamia, pea, cashew, coconut, oat, rice, the list goes on. I grabbed a selection, reviewed them nutritionally and tasted them.

But first, why do we need milk in our diets? Milk and foods made from milk (yoghurt and cheese) are one of the five food groups. The main reason we need them is for calcium, as well as protein and a host of micronutrients. Calcium and protein help keep our bones and muscles strong, which is important for those who work out on a regular basis. Most of us need around two to three serves a day (a glass equals one serve).

So let's talk about what to look for in a plant milk if that's your preferred option.

Christmas PROTEIN BALLS

GET INTO THE SPIRIT OF THE SEASON WITH THESE FESTIVE PROTEIN BALLS FROM DIETITIAN JEMMA O'HANLON

CHRISTMAS IS JUST AROUND THE corner, but it doesn't have to mean gorging on mince pies, rum balls and throwing the towel on all that hard work you've been doing this year. I've created these Christmas protein balls with your waistline in mind, but also to get your taste buds singing Christmas carols.

The recipe uses all natural protein straight from the tree itself: almonds. It's clean, vegan and will hit that sweet spot. These protein balls are perfect as an afternoon treat with a cuppa, so why not make some for your friends as a healthy gift? You know what they say about the way to someone's heart... Wishing you a merry Christmas, Jemma.

Makes 8

1/2 cup almonds
6 Medjool dates, pitted
1/4 cup dried cherries
1/4 tsp vanilla extract
1/4 tsp cinnamon
1/4 tsp mixed spice
1/4 tsp ground ginger
1/4 tsp ground cloves
Shredded coconut (for rolling)

Place all ingredients in a food processor and blend until it comes together and forms a paste. mould into eight balls, roll in coconut and refrigerate prior to serving.

NUTRITION INFORMATION	
Serving size: 60g (2 balls)	
Energy	304kJ (72kcal)
Protein	5g
Fat, total	13.7g
Fat, saturated	1.6g
Carbohydrate	19g
Sugars	18.6g
Sodium	0.9mg

BACK TO BASICS

WORDS JEMMA O'HANLON, APD

Sometimes it's hard to cut something you love from your diet. Let's face it, we all have our favourites and sometimes the healthy alternative just doesn't seem the same. The beauty of the back food swap is after a while you won't even notice you're missing the food you've swapped out — but it'll make a big difference to your waistline and overall health. And some of the foods we're swapping in here are actually tastier anyway! It's the small changes we make with the foods we eat regularly that can produce incremental results that add up to more than the sum of their parts.

SWAP BUTTER FOR AVOCADO

Butter contains more than three times the kilojoules of avocado for the same serving size and is high in saturated fat — the type of fat that increases our bad cholesterol and risk of heart disease. Avocado contains monounsaturated fats, which are protective of our heart. So, yes, smashed avo for brunch is a winner!

	ENERGY	PROTEIN	FAT	SATURATED FAT	CARBS	SUGARS	SODIUM	DIETARY FIBRE
BUTTER 2 tsp	206kJ	0.1g	7.7g	5.0g	0.1g	0.1g	50mg	0g
AVOCADO 1 tsp	89kJ	0.2g	2.1g	0.5g	0.1g	0.1g	0mg	0.3g

SWAP SOUR CREAM FOR NON-FAT GREEK YOGHURT

Sour cream is high in kilojoules and saturated fat, while Greek yoghurt has the goodness of probiotics, calcium, protein, and a range of vitamins and minerals. It's six times lower in kilojoules, so next time you're making tarts, choose Greek yoghurt over sour cream!

	ENERGY	PROTEIN	FAT	SATURATED FAT	CARBS	SUGARS	SODIUM	DIETARY FIBRE
SOUR CREAM 2 tsp	610kJ	0.9g	15.6g	9.9g	1.0g	1.0g	13mg	0g
NON-FAT GREEK YOGHURT 2 tsp	100kJ	3.8g	0.1g	0g	1.0g	1.3g	80mg	0.1g

SWAP FLAVOURED WATER FOR FRESH FRUIT

Flavoured waters promise hydration, but the truth is they are really just sugary water. There are seven teaspoons of sugar in 500mL of flavoured water — that's almost as much as a can of soft drink (10 teaspoons)! Save yourself the extra kilojoules you'll need to burn in your workout and have a piece of fruit instead. It also gives you longer-lasting energy, as fruit is rich in dietary fibre and offers the whole nutritional package.

	ENERGY	PROTEIN	FAT	SATURATED FAT	CARBS	SUGARS	SODIUM	DIETARY FIBRE
FLAVOURED WATER 1L	475kJ	0g	0g	0g	27g	27g	5mg	0g
FRESH FRUIT & STILL WATER 1L	238kJ	1.4g	0.1g	0g	10.5g	10.5g	4mg	3.7g

NUTRITION

EAT WHOLE FOODS FOR THE BEST BANG FOR YOUR BUCK

Another benefit to choosing whole foods over ultra-processed products is that you get the best bang for your buck. Take yoghurt, for example. You get more than 10 essential nutrients in just a single serve, including protein for muscle growth and recovery, and 18 group vitamins to boost your mood. Whole foods contain a matrix of nutrients that supersede any ultra-processed product with added probiotics.

ARE HUGE DOSES OF PROBIOTICS BETTER?

Not necessarily. Aim for at least 100 million colony forming units (CFUs, the number of viable bacteria in a serve) each day. This may sound like a lot, although it can be easily achieved with the help of a dietitian. Just like you don't need to run a marathon daily to be fit, when it comes to probiotic intake, regularity and consistency are more important than having excess amounts.

HOW DO PREBIOTICS HELP?

Prebiotics are the food for probiotics and together they are the yin and the yang. Foods rich in prebiotics include onions, garlic, Jerusalem artichokes, chicory root, bananas, legumes, asparagus, leeks, barley and oats. Inulin, which features in some of the products listed here, is a prebiotic. Generally, if your diet is rich in plant foods, you'll tend to meet these needs. Roughly, you should be aiming for 10g of prebiotics each day and your dietitian can help you achieve this.

WHAT ELSE CAN I DO TO GET AN IRON STOMACH IN A NON-SIX PACK WAY?

There are five areas to focus on for a healthy gut.

- 1. Eat whole foods:** Fill your diet with whole, plant-rich and fermented foods.
- 2. Exercise:** Thank goodness we don't have to spell out the benefits of this one to Fitness First members!
- 3. Don't smoke:** A no-brainer. Ditch the cigarettes, even those 'menthol' ones on the weekend.
- 4. Limit alcohol:** Alcohol has a nasty effect on the gut, so keep alcohol intake to a minimum.
- 5. Manage stress:** Be sure to keep a check on this, as the brain and gut are closely connected. Conditions in the gut like IBS can be triggered from intense stress.

OVERALL VERDICT

Probiotics are no silver bullet to good health, but they may provide some benefits depending on individual health conditions. Foods with added probiotics may be a choice you wish to make on a special occasion if you can afford them, but the truth is that a diet rich in whole foods is brimming with all the good stuff you need.

NUTRITION

Juice's HEALTH STAR FALL

WITH THE HEALTH STAR RATING OF FRUIT JUICES, RECENTLY PLUMMETING TO BELOW THAT OF DIET COKE, DIETITIAN JEMMA O'HANLON REVEALS WHETHER JUICE STILL HAS A PLACE IN OUR FRIDGE.

THE HEALTH STAR RATING SYSTEM WAS created by the Australian government to give consumers an indication of how healthy a food is. Bottled fruit juices without any added sugar were considered healthy and rated five stars. But food regulators recently slashed their ratings because of their high natural sugar content and low levels of fibre, some falling as low as two stars and considered less healthy than Diet Coke.

So does fruit juice belong in a healthy diet? The answer is yes and no — there are both pros and cons.

PROS:

- Fruit juice can be a great way to get your daily vitamin C, with a glass roughly providing your recommended daily intake.
- Juice offers hydration — if you're someone who struggles to drink water, it can be a way to help meet your fluid intake for the day.
- It often contains natural sugars, which can give you a burst of energy at the gym — they can provide fuel for your muscles and brain will use as energy to perform well.
- Some juices combine both fruit and veggies to give you some bonus veggie serves in your day.

CONS:

- We tend to overconsume juice. For example, most people could easily drink a 300mL bottle, but fewer could chomp through four oranges in one sitting. That's because it's the complex matrix of fibre in a whole piece of fruit that keeps us fuller for longer. Juice doesn't have the same satiation.

WHAT SHOULD I DO?

1. Have fruit instead. Get in your two serves of whole fruit every day, no excuses. One serve would be an orange or an apple.
2. If you wish to substitute one of those fruit serves for juice, do so occasionally with half a glass (125mL) max. You can always top this up with sparkling water to enjoy a larger glass and extra hydration.
3. If you're pumping iron regularly, smacking it out on the treadmill or generally working up a sweat, you're going to be burning more kilojoules and it might be OK to fuel up beforehand or refuel with a small glass of juice. Also consider that you'd be much better off having a glass of juice post-workout than 10 schooners of beer at the pub on Friday night.
4. If you have juice, always choose Australian. Country of origin labelling is now mandatory, so check the label and support local growers.

FESTIVE DRINKING SURVIVAL TIPS

IT'S ALREADY THAT CRAZY TIME OF YEAR WHEN THE SOCIAL GET-TOGETHERS START TO PILE UP. DIETITIAN JEMMA O'HANLON EXPLAINS HOW TO COPE WITH THE RIVERS OF BOOZE FLOWING YOUR WAY.

UNLESS YOU'RE CATCHING up with your friends at the gym, you'll likely be heading out for vinos with the girls, pints with the lads or that office Christmas party where it's all you can eat and drink. While the silly season might throw at us everything we could have ever wanted like it's Christmas day, our poor livers cop it sweet — not to mention other vital organs like the brain and kidneys.

chances are, our waistlines will feel the effects, too. We could be boring purists and tell you not to drink at all, because recent scientific evidence hasn't been kind on alcohol and the myth that a glass or two of wine a day is good for you, but we know what this time of year is like. So in the name of good faith and as our Christmas

#1 CHOOSE CLEAR OVER DARK BEVERAGES

Darker-colored alcoholic beverages like red wine, scotch and bourbon contain higher levels of congeners, a fermented yeast by-product, which can make hangovers worse. Go for vodka, gin or white wine instead.

#2 MIX WITH FRESH LIME & SODA

Vodka, lime and soda has often been regarded as a lower-kilojoule drink and it's true. Spirits mixed with soda means you're getting a bit of hydration in there and not just sipping highly processed sugars and additional kilojoules. Make sure you ask for fresh lime, not that awful sweet lime cordial, which is also high in sugar. You may be surprised to learn that tonic water has the same amount of sugar as other

gift to you, here are our tips to survive the silly season and keep that gut show on point.

IT WILL BE HARD TO MAINTAIN

Diet only last as long as you stick to them. You might feel amazing losing weight on a keto diet quickly, but what happens when you decide to have a few pints on a Friday night followed by a greasy burger? Your body is pretty good at regulating itself, so soon enough you'll have chucked on more weight than you lost, plus interest.

THE bottom LINE

Vegetarian diets are some of the healthiest diets in the world. Being plant based, they're rich in antioxidants, vitamins and minerals, as well as dietary fibre. Following any kind of keto diet can put you at risk of developing an unhealthy relationship with food and increase the risk of nutrient deficiencies. Our advice? Skip keto altogether. If you want to lose a few kilos, try a well-balanced vegetarian diet and see an accredited practicing dietitian (dian.aunz) who can support your health and wellbeing goals.

VEGETARIAN KETO: A HEALTHY KETO ALTERNATIVE?

FOR MOST PEOPLE, THE KETOGENIC DIET GENERALLY MEANS EATING MORE FATTY MEATS AND FISH. SO CAN A PLANT-BASED KETO DIET WORK? DIETITIAN JEMMA O'HANLON INVESTIGATES.

ONCE THOUGHT OF AS A FAD, IT seems keto is here to stay. But a new twist on the diet reveals that some are now exploring keto in a vegetarian format, thanks to the hype around plant-based eating.

In the keto diet, the goal is to switch your body from burning glycogen to fat. This is done by limiting carbs to no more than 20g per day and ensuring 70% of your calories come from healthy fats, mostly from animals and fish. In the vegetarian keto diet, meat and fish are replaced by healthy fats from plant-based foods like avocados, nuts, seeds and coconut oil.

So is the vegetarian version a 'healthier' keto diet and is it something worth trying? Here are the pros and cons.

PROS

YOU'RE NOT USING ANIMAL FATS

A positive is that you'd be swapping out animal fats (high in saturated fat) for nourishing fats like avocados, nuts and olive oil, which would be a positive for your heart health and cholesterol management. Coconut oil in large amounts is one to be careful of as it's high in saturated fat, even though it's plant based.

CONS

KETO DIETS ARE HARD ENOUGH

The strictness of the diet means that keto is difficult to maintain. There are also nasty side effects like the keto flu, bad breath and constipation when you're making the transition from burning glycogen to burning fat. Many attempts at keto fail right there and then, even before you enter ketosis, and the diet starts working. If you're a meat lover, cutting out meat is going to add to the complexity of this already challenging diet.

NUTRITIONAL BALANCE IS HARD

Vegetarian diets are naturally higher in carbs, so to find nutritional balance plus enjoyment on a vegetarian keto diet would be very hard to achieve. For example, many

nutrient-rich foods like wholegrains and legumes contain carbs, which means these foods would have to be limited, just like following the regular keto diet, you'd need to be extremely rigid with your food choices, counting every carb, and as a result it would be easy to fall into an unhealthy pattern of restrictive eating.

OVERALL WINNER:

HALO TOP VANILLA BEAN

Per 100g, Halo Top's vanilla ice cream comes in at 352kJ, with 11g of protein and 11g of sugar. It uses stevia as a sweetener and has some prebiotic fibre as well as milk protein concentrate. The texture is a little denser than other ice creams, but that's to be expected with its higher protein ingredients, including eggs.

Healthiest ICE CREAMS

IN HER FAVOURITE EDITION OF SUPERMARKET SWEEP DIETITIAN JEMMA O'HANLON REVIEWS ICY TREATS THAT CLAIM TO BE HEALTHY.

THERE'S A NEW BREED OF ICE CREAM for the health conscious. Whether it comes with prebiotics, a higher protein content or without sugar, some of the offerings just seem too good to be true. So do the health claims really stack up, and how do you know which ice creams are the best for you? We happily dove all the research for Fitness First magazine. Here are my picks of the bunch.

Our pick

HALO TOP

Per 100g, Halo Top's vanilla ice cream comes in at 352kJ, with 11g of protein and 11g of sugar. It uses stevia as a sweetener and has some prebiotic fibre as well as milk protein concentrate. The texture is a little denser than other ice creams, but that's to be expected with its higher protein ingredients, including eggs.

BRAIN FOOD COCOA VS CHOCOLATE

WITH MORE RESEARCH EMERGING ON THE BENEFITS OF COCOA ON BRAIN HEALTH, IS THERE A REASON TO EAT AS MUCH CHOCOLATE AS WE CAN? DIETITIAN JEMMA O'HANLON UNWRAPS THE EVIDENCE.

HEALTH BENEFITS

Cocoa contains powerful antioxidants known as flavanols, particularly epicatechin and catechin, which have been found to help lower blood pressure, improve blood flow to the brain and heart, prevent blood clots and fight cell damage. Studies have also linked chocolate with reduced symptoms of depression and improved mental health and cognitive performance. Plus, chocolate contains caffeine and theobromine, which can stimulate the brain. Serotonin production is triggered by eating chocolate, too, so it's no wonder it makes us feel happier.

CAN I HAVE MY CHOCOLATE AND EAT IT, TOO?

While we all love to think that a bar of milk chocolate is healthy, it's the natural plant's beans that give us all the health benefits.

01 Enjoy cocoa powder in your heart's content (just intended). Use it to whip up healthy bliss balls, chuck a tablespoon of cocoa in a mug with milk and make a warming hot chocolate, or add a tablespoon to your morning porridge.

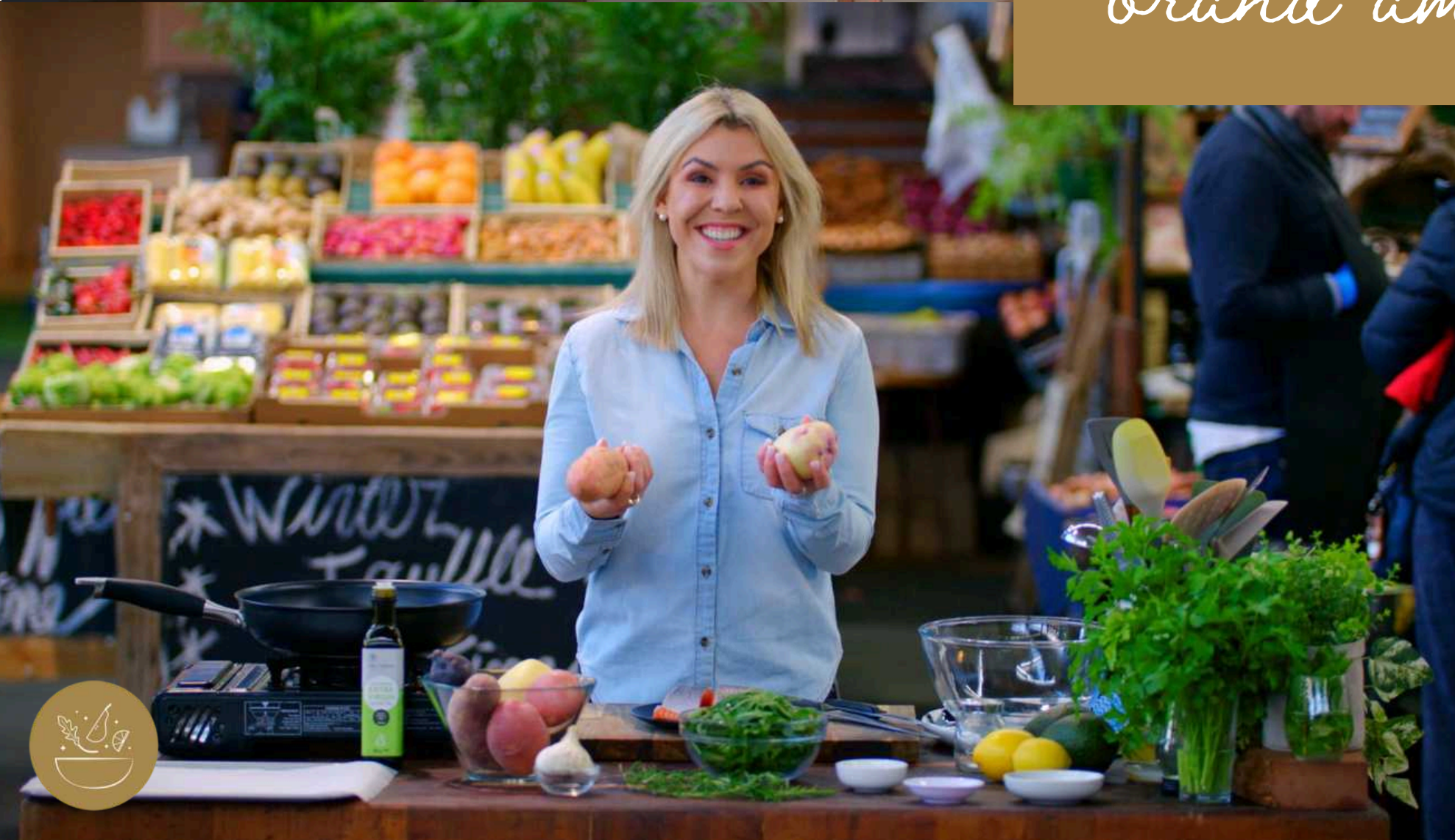
02 If you can source some cacao beans or nibs, (as so most major retailers now stock them). These guys are the chocolate fix you've been dying for without the added nasties. Yes, they're extremely bitter, but you'll get used to them and before you know it you'll be acting all George Clooney and choosing only the finest beans you can get your hands on. One of my favourite snacks is fresh blueberries, Greek yoghurt and cacao nibs scattered over the top.

03 If you must have chocolate, a little bit of the dark variety is OK. Go for 70% dark chocolate as it's the least likely to contain any added sugar. If you can't resist, go for 85% dark chocolate. If you must have chocolate, a little bit of the dark variety is OK. Go for 70% dark chocolate as it's the least likely to contain any added sugar. If you can't resist, go for 85% dark chocolate.

jemmaohanlon.com



brand ambassador



FEEL LIKE NEW FEEL LIKE YOU

jemmahchanlon.com



recipe development





food photography





social media





which best suits your needs?



what others are saying


"Jemma recently delivered a webinar for our QLD workforce. The session was so well received by our staff, many of which work in FIFO/DIDO roles on regional projects.

She tailored the session for our business, communicated her plans for the presentation in the lead-up to, and answered all staff questions on the day.

A really interesting and incredibly informative session with a strong message about the benefits of eating healthy for mental and physical health."

*Emily Eklund, Communications & Stakeholder Relations
Manager, CPB Contractors*



A modern office interior with large windows on the right side, letting in bright sunlight. A potted plant with large green leaves sits on the windowsill. In the background, there are desks with computers and office chairs. A large brown circle is overlaid on the left side of the image, containing text.

"It has been so great to work with
Jemma over the last year.

She is one of Australia's top experts in
the field of dietetics, and has been
instrumental in helping us ensure we
adhere to best practice from a
dietetics perspective to enable us to
provide the best possible experience
for our ever growing community."

*Dylan McDonnell,
Founder and CEO, Foodini*

foodini

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what others are saying



what others are saying

"Thank you so much for your generous time and being part of our Health and Wellbeing Month. We thoroughly enjoyed the presentation and the cook-along session.

We look forward to having you with us again.

Best wishes, Stroke Foundation
Connect Committee"





what others are saying

"She's a brilliant media communicator, a rare nutritionist who has a chef's passion for the kitchen and uses a highly relatable style to get her audience excited about food and nutrition."

*Tony Sarno, Editor in Chief,
Fitness First Magazine*



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let's chat

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