

# WHAT'S THE BEST DIET? Paleo? Gluten-Free? Sugar-Free?

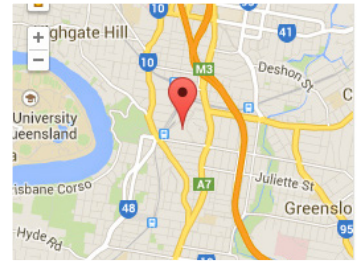
## PUBLIC FORUM

**WHEN** - Saturday 14th March 9-11am (with registration from 8.15am)

**LOCATION** - Translational Research Institute, Brisbane

**ENTRY** - FREE. Register online at:

<https://www.eventbrite.com.au/e/whats-the-best-diet-paleo-gluten-free-sugar-free-tickets-15659341512>



(behind Princess Alexandra Hospital, Ipswich Road, Annerley)

## THE PROGRAM -



**Dr Joanna McMillan**  
*'Stop the diet madness'*

Adopted by the nation as an honorary Aussie, Dr Joanna McMillan's ever-growing following is the result of her high profile within the media, health and fitness industries. Today, Dr Joanna is the founder of Get Lean, a regular on the Nine Network and the official nutritionist for TODAY. She is also the author of several books, has a weekly column in Sunday Life and writes for several magazines and online blogs. She is also a proud ambassador for Diabetes Australia and The Skin & Cancer Foundation.



**Dr Sue Shepherd**  
*'Is a gluten-free or fodmap diet for me?'*

Dr. Sue Shepherd is recognised internationally as a leading expert dietitian in the area of coeliac disease and irritable bowel syndrome (IBS). In 1999, Sue developed the Low FODMAP diet as an effective treatment for people with IBS. Sue also has coeliac disease herself – she lives and breathes all good tastes gluten-free, both personally and professionally! Sue is the director of a private dietetic practice (Shepherd Works). Sue has written eleven best-selling cookbooks. Sue also acts as the consultant dietitian on numerous medical national advisory committees.



**Glenn Cardwell**  
*'Debunking common nutrition myths'*

Glenn is an Accredited Practising Dietitian with over 35 years experience in clinical and public health nutrition. He advises the public, the fresh produce industry, food industry, health professionals and university students, and has given nutrition seminars throughout Australia, New Zealand, Malaysia, India, Spain, China, South Africa and Britain. Glenn has written four books, including the best-selling sports nutrition manual Gold Medal Nutrition (the 5th edition, published in the US 2012).

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