

# Tamara Bennett

## Nutritionist

D.O.B. 12 May 1967

Family Status: Married

Nationality/Residence: British/UK

Languages: English

### Summary

A highly dedicated and conscientious nutritionist. Articulate, reliable, trustworthy, caring, educated, honest, efficient, adaptable and personable, I will add significant intellect and value to any team.

In my role as a Nutritionist, I am a passionate educator with a comprehensive understanding of food, nutrients and the application of nutritional theory and dietary manipulation to promote good health, prevent and manage diet related disease. I am a disciplined professional, who gives great consideration to her audience: whether to an individual or a larger group of people. A confident communicator, I am competent in informing, explaining and motivating individuals to assist them in achieving realistic goals and ultimately to empower them to improve their health and embrace a more balanced lifestyle. I have a lifelong interest in nutrition and health and a deep sense of responsibility to clients. I maintain habitual reading and reviewing of on-going nutrition research and topical issues in order to remain 'current' in the discipline of Nutrition. A reflective, principled and ethical practitioner, I uphold all the standards and protocol demanded of my profession. Of cheerful disposition and boundless energy, I am highly capable and flexible. I am happy to be part of a team or to work independently using my initiative to get things done.

### Independent Nutritionist – Nutrition in Practice (part of The Exeter Group) (current)

Consulting on personal and professional recommendations for one-to-one nutritional counseling; talking to audiences of young athletes - swimmers, netballers and touring groups of mixed disciplines - both in schools and within county academies and clubs. Giving interviews, writing articles and blogs and mentoring a recently retired International Rugby player and working on national campaigns e.g. the Jamie Oliver UK 'Sugar Smart' campaign working group alongside academics and public health advocates.



### Qualifications

MSc Nutrition, Kings College London

BSc (Honours) Catering and Applied Nutrition, University of Huddersfield



### Professional Bodies

Registered with the Association for Nutrition (Public Health) (Reg No. 6600)

Associate Member of the Royal Society for Public Health

Member of the Nutrition Society



### **Nutritionist – Al Corniche Premier Resort, Club & Spa (Kuwait)**

Established a full-time Nutritionist position including building a significant client base (>100) and an educational campaign for the 20 international Personal Trainers. I formulated 'healthy menu dishes' for the restaurant, working closely with the head chef reformulating recipes and dishes. I instigated blood screening to identify irregularities in Glucose and Haemoglobin within the clientele and staff. I advised competitive athletes, including a young Kuwaiti swimmer, who was preparing for and went on to compete in the 2012 Olympic Games.



### **Nutrition Consultant (pan Middle East) – IAP (Kuwait)**

I was commissioned to review the ration packs for a US international logistics company seeking to reform employee health and productivity. I critiqued the nutrient adequacy of various 'ration packs' for 250 multinational employees and assessed their impact on specific health outcomes including collaborating with a specialist lab for blood screening.



### **Nutrition Advisor (South Africa) – Hope & Homes Charity**

I advised and educated at a charitable day-care centre for orphans in a township, north of Pretoria. As sole nutritionist, I educated charity workers; I worked alongside tribal 'herbalists' and medical practitioners; I liaised with the indigenous community as well as urban sources to procure equipment and funding.



### **Nutrition Advisor (USA) – Red Cross Society / US Marine Corps Wellness Clinic**

I advised US Marine Corps personnel, their dependents and staff; and, the Base Wellness Clinic. I consulted individuals referred through the Clinic. I conducted lectures and educated large audiences on nutrition, receiving a letter of commendation from the US Marine Corps 3\* General.



### **Volunteer Nutritionist (South Africa) – The Valley Trust**

I worked on Zulu tribal areas, designing and implementing a 'Diabetes Club' for patients of the rural Health Clinic. I ran courses for Community Health Facilitators; I conducted one-to-one consultations with patients; and I educated and motivated the obese Zulu nurses to attain and maintain a healthy weight, through diet and exercise.



### **Senior Nutritionist and Line Manager - LAMBERTS Healthcare (UK)**

I led a team of nutritionists providing in-house and outside training in applied nutrition. I advised members of the public, pre-registered pharmacists and health practitioners on nutrition and supplementation. I wrote magazine articles and abstracted peer reviewed journals. I implemented training courses for new recruits and became the nominated trainer for a sister company.



### **Catering Manager / Nutrition Consultant – Catering and Allied Ltd (UK)**

I designed and implemented a company-wide 'Nutrition and Healthy Eating Policy' for chefs and management. I was the floating manager and trouble-shooter for 7 sites responsible for running the kitchens, restaurants and hospitality. I instigated a Staff Restaurant 'Healthy Eating Programme' at Morgan Grenfell Bank; I reviewed and reported on food provision for Nortel Co. (>500 employees). I undertook staff training, motivation and recruiting.

