



- **Jan McLeod – Nutritionist and Health Coach**
- **Appointed as Expert for Meat Free Week**

*“As a nutritionist and health coach, I am passionate about mindful eating and living, understanding where and how your food is grown, if it’s in season, what it contains, how you respond to it and how much you need of it in your daily diet. I also believe the words balance, variety, quality and moderation are synonymous with a healthy diet.*”

*“We all know that having a diet rich in plant food promotes health and reduces your risk of chronic disease, but many Australians do not eat the recommended five serves of daily vegetables. So I encourage participants to see Meat Free Week as an opportunity to not only improve your health, but to also discover the smell, sight, texture and taste of a wider variety of plant-based foods.”*

Jan McLeod is a nutritionist and health coach. She is the founder of Mad for Health, a business that delivers personal and business nutritional consulting services.

Jan believes food is nutrition and that together with mindful-living, creates a foundation for a long and healthy life. She has a particular interest in lifestyle related health challenges, including those triggered or exacerbated by stress.

Her passion is promoting client education and understanding of food fundamentals, enabling them to understand that what they eat and how they live day-to-day impacts and contributes to their quality of health.

Jan has a strong background in strategy, change management, relationship and general business management. She holds an Advanced Diploma of Nutritional Medicine, a Bachelor of Commerce, is a registered practitioner in Whole Brain Thinking, a FCPA and a member of ATMS.

**For further information on Jan McLeod and Mad For Health, visit [www.madforhealth.com.au](http://www.madforhealth.com.au) or <https://www.facebook.com/MadforHealthJanMcLeod>**