

BACKGROUNDER

About NRAUS

NRAUS is an independent end-to-end nutrition research and communications company that translates complicated science into practical and engaging messages.

The highly skilled and respected team conducts research from clinical trials and qualitative surveys to analysis of large data sets and systematic literature reviews to substantiate health claims.

Data rich and evidence-based content sets them apart and ensures they excel at conducting any nutritional or health related research, education or communication project.

About the “Rethink Pink” Study

After identifying a research gap with zero proof available on pink salt’s mineral composition, NRAUS funded the research independently to ensure Australians could make more informed choices.

The world-first study investigated 31 pink salt samples available for purchase in Australia (and one control white table salt) to analyse its mineral composition and potential nutritional benefits.

The research aimed to prove whether pink salt contains nutrients, if there is any risk of harmful contamination and if it can actually contribute any meaningful amount of nutrients to the Australian diet.

Key findings from the research show that pink salt contains unpredictable and varying levels of essential nutrients and harmful heavy metals, which make it inconsistent in nature. The full manuscript, summary of key findings and more information from the study can be viewed [here](#).

About the “Rethink Pink” team

NRAUS comprises one of the largest teams of nutrition scientists, dietitians, educators and communicators in Australia. For the pink salt research team a combination of experts joined forces to analyse the mineral properties of pink salt.

Dr Flavia Fayet-Moore, PhD, MNutrDiet, APD, RNutr, FASLM - CEO

A Registered Nutritionist, Accredited Practising Dietitian, Honorary Associate of the University of Sydney, and the first dietitian in Australia to be board certified in Lifestyle Medicine. Flavia obtained her Honours Bachelor of Science in Nutritional Sciences from the University of Toronto, and both her Master of Nutrition and Dietetics and PhD in nutrition from the University of Sydney. She is a member of the Nutrition Society of Australia, the Dietitian’s Association of Australia, a founding board member and fellow of the Australasian Society of Lifestyle Medicine. Flavia is passionate about improving the health of Australians, especially among children and adolescents, through research and its communication.

Dr Joanna McMillan, PhD, BSc(Hons1), APD, RNutr, FASLM - CO-AUTHOR

Joanna McMillan is a Scottish-born Australian and one of the country’s favourite and most trusted health and nutrition experts. She is a PhD qualified nutrition scientist, Accredited Practising Dietitian, Adjunct Senior Research Fellow with La Trobe University, casual lecturer at Sydney University and Fellow of the Australasian Society of Lifestyle Medicine. Joanna is also an experienced media personality making regular appearances on TV, radio, podcasts and in print media. She is a TEDx and international keynote speaker and has authored eight books including her latest *The Feel-Good Family Food Plan*.

Cintha Wisbono, PhD, BND (Hons.), BCom, APD - RESEARCH DIETITIAN

An Accredited Practising Dietitian, brings her research and marketing skills to NRAUS to prepare and execute nutrition communications. In addition to her role at NRAUS, Cintha includes nutrition consultancy to private practice, corporate, and community settings.

Prudence Carr, PhD, MDiet, GCertHumNutr, BSc, APD - RESEARCH DIETITIAN

Prudence is experienced in nutritional and clinical epidemiology, systematic reviews, and meta-analyses. Prue is well known internationally for significant contributions to the field of cancer prevention, and brings to the team advanced statistical capabilities and excellent scientific writing skills.

Emily Duve, MPH, BPSS - RESEARCH SCIENTIST

A Public Health Scientist, brings diverse research skills in the field of lifestyle and public health research to NRAUS. Emily contributes to both the delivery of nutrition and health research, communications, and educational projects. In addition to her role at NRAUS, Emily is a Research Assistant at the University of Sydney.

Peter Petocz, PhD - STATISTICIAN

An applied statistician with extensive experience working as an academic in various universities, Peter contributes to NRAUS research projects including the design and execution of meta-analysis, meta-regression, and descriptive and advanced inferential statistics. Peter has been an elected member of the International Statistical Institute since 2004; and in addition to his role at NRAUS, Peter is an Associate Professor of Statistics at Macquarie University.

Skye Marshall, PhD, BSc(Hons1), APD - SCIENTIFIC & EDUCATION DIRECTOR

An Accredited Practising Dietitian and multi-award winning educator, Skye brings diverse research and education skills to NRAUS, along with a strong track record in evidence-based practice research for nutrition & dietetics professionals. With more than a decade's research experience, Skye is outcomes focused, ensuring that all NRAUS research activities have a measurable impact on health and are conducted with the highest research integrity and skill.

Michelle Blumfield, PhD, BNutrDiet (Hons), APD - PROJECT MANAGER

An Accredited Practising Dietitian, Michelle has extensive experience as a researcher in maternal and child health and as a research project manager. Michelle works closely with the NRAUS research delivery teams to ensure efficient and integrous day-to-day research operations. Michelle further provides mentorship to researchers to support their professional development. In addition to her role at NRAUS, Michelle currently holds an honorary appointment at Monash University and works as a clinical dietitian in private practice.

What People Say About NRAUS

"Over the years, the work that NRAUS conducts has become a reliable source of information that I look out for when I want quality research. The highly skilled and professional team of experts are talented at translating complex data and research into practical messages that resonate with everyone in the community."

Catherine Saxelby, Dietitian and Author at [Foodwatch Nutrition Centre](#)

"I have worked collaboratively with Nutrition Research Australia and found Dr Flavia Fayet-Moore and her team to be highly professional and a pleasure to work with. They exhibit high levels of expertise in both nutrition science and communications. Their growing number of scientific publications demonstrates their scientific credibility and status as valued members of the nutrition research community."

Nicole Senior APD, Principal Nutrition Consultant, Professional Nutrition Services

“We work closely with health professionals, government and other bodies, to educate them on the health benefits of nuts and heighten their knowledge. It has always been a pleasure working with the team from NRAUS, who are able to scope new insights from the science, and help create unique messaging and future research and communication opportunities for us.”

Belinda Neville, Nutrition Manager and Dietician, Nuts For Life

“We’ve been working with Flavia and the NRAUS team for over 10 years now. The quality of work they’ve produced has always been of the highest calibre. They engage and collaborate with you from the start of a project to the very end (and beyond), ensuring that the work will uphold scientific credibility and robustness. The team always provide regular progress updates, which is really valuable for those longer-term projects.”

Dr Jean Kim, Scientific & Regulatory Affairs Manager, Nestlé Australia
