

Rebecca Reynolds

From the Sydney Regional group of the Nutrition Society of Australia



Rebecca began her undergraduate studies with Medicine at the University of Manchester in England but transferred to Science at the University of Sydney when her parents relocated to Australia and majored in Human Physiology and Neuroscience. She completed this degree in 2002 and returned to England where she undertook a Masters in Nutrition at King's College, London. She then moved back to Sydney (!) to pursue a PhD in Human Nutrition with Professor Jennie Brand-Miller at the University of Sydney, with a focus on the effect of the glycaemic index of carbohydrates on hormones, appetite and acne vulgaris. Rebecca handed in her thesis on the 17th December, 2008, and is currently waiting to hear back from her assessors (gulp!).

Throughout her PhD, Rebecca lectured and tutored nutrition and medical students and won several scholarships to present at numerous international conferences. She has two journal publications and one in preparation. She spent one month at the Karolinska Institutet Nutritional Epidemiology Unit in Stockholm, Sweden, in February 2008 and regularly edits nutrition epidemiology manuscripts for the Public Health Department at the University of Sydney. She is a member of the Australian Society of the Study of Obesity and is a registered Associate Nutritionist. Her career hopes are in media nutrition – she had her own nutrition segment on FBI radio, Sydney, in late 2007, has had several popular media publications and plans to develop her own website, <nutritionundressed.com.au>, in the near future.

2008: awarded an NSA Early Career Scholarships to attend an international nutrition-related conference, for her paper

Reynolds RC, Stockmann KS, Atkinson FS, Denyer GS, Brand-Miller JC. Effect of the glycemic index of carbohydrates on day-long (10 h) profiles of plasma glucose, insulin, cholecystokinin and ghrelin. Eur J Clin Nutr. 2008; advance online publication Oct 29