

## Amy Yiu BSc, RD

Registered Dietitian & Online Nutritionist



NUTRITION CONSULTING INC.

**Specialty: Asian diets, weight concerns, chronic disease management, family meal planning, seniors health**

When you meet Amy you can't help to be drawn to her infectious enthusiasm, optimism and sincere care for her clients. She loves teaching and mentoring and is known for her kind, reassuring and lighthearted nature. Her clients enjoy the balance of her detail oriented understanding of nutrition wrapped with the ability to offer simplified and practical ideas that can work for any family situation. She is naturally curious, multi-passionate and loves to learn and develop skills in a wide variety of areas.

Since 2008 Amy has worked as a private practice Dietitian as a nutrition counsellor, author, media expert and workshop facilitator. Amy has extensive experience in education for weight concerns, cardiovascular disease, diabetes, bone health, seniors health and family meal planning. She is continuing to expand her knowledge in mental health, menopause and how western medicine and traditional Chinese medicine can intersect for overall wellness. She specializes in the Asian diet and cross-cultural sensitivity of food choices and offering nutrition support in English, Mandarin and Cantonese.



She is founder of Libra Nutrition and at any time leads a team of over a dozen student volunteers in a variety of nutrition education projects for the community, grocery industry and non-profit sector. She and her team have published over 400 nutrition-related articles in multiple Asian magazines and national newspapers including Ming Pao, Foodoir, Voices Weekly and Today Commercial News. She co-authored *Dietitians at Home*, a cookbook for the whole family with easy and nutritious Asian-inspired recipes and is currently writing her second book.

She is a regular Chinese TV and radio talk show guest expert on nutrition for programs such as OMNI Television and AM1470 in Vancouver. She has proudly served as the spokesperson for the Dietitians of Canada National Nutrition Month campaigns in British Columbia for close to a decade. Amy is a recipient of the Leadership Award by the Dietitians of Canada to recognize her contributions to the profession and the community. Over the past decade, she has conducted over 100 community workshops and touched the lives of over 10,000 people who have attended. She passionately continues to expand her skills as a virtual presenter offering virtual nutrition workshops for organizations and non-profits.

Amy was born and grew up in Hong Kong. She worked as a Public Health Inspector for the Government of Hong Kong and has also lived in Singapore for several years completing her Advanced Diploma in Food Technology at Singapore Polytechnic and working as a Health and Hygiene Officer. As a Chinese Canadian since 2000, she came to Vancouver as an international student to complete a Bachelor of Science in Food, Nutrition and Health at the University of British Columbia. It was here she was awarded *the International Leader of Tomorrow Award*. She has worked as an Academic Advisor for Kwantlen Polytechnic University and has taken course work in psychology and public relations.

Amy is registered with the College of Dietitians of Alberta, the College of Dietitians of British Columbia and Dietitians of Canada. She is currently working towards her certification as a Certified Craving Change™ Facilitator specializing in strategies for problematic and emotional eating.

In her spare time you can find Amy at a yoga class, out for dim sum with friends or cooking up a variety of both western and Asian cuisine in her kitchen with her partner at their residence in Richmond BC.

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