

Dr Flávia Fayet-Moore

PhD, MNutDiet, BSc(Honours), APD, RNutr, FASLM

CEO and founder of FOODiQ Global, Co-founder Food is Cool and Adjunct Lecturer at the University of Newcastle, COFFS HARBOUR

Dr Flávia Fayet-Moore, better known as Dr Flav, is the Chief Executive Officer (CEO) and founder of [FOODiQ Global](#); Co-Founder of [Food is Cool](#) and an Adjunct Lecturer at Newcastle University.

She is a Brazilian-born, Canadian-raised, Australian-made keynote speaker, scientist, space nutritionist and entrepreneur. With a career spanning more than two decades, she has been at the forefront of nutrition research, she is a passionate change-maker for global human health and wellness.

Her research explores future foods, sustainable food systems, dietary patterns, lifestyle interventions, population health, and personalised nutrition.

Dr Fayet-Moore earned a Bachelor of Science with Honours in Human Biology and Nutritional Sciences from the University of Toronto in 2003, then completed her Master of Nutrition and Dietetics and PhD both at the University of Sydney.

In addition, she recently completed the Space Studies Program at the International Space University (ISU) which develops the future leaders of the world space community, enabling her to bring a unique perspective to space nutrition.

Dr Fayet-Moore was the first dietitian in Australia to be internationally board-certified in Lifestyle Medicine. An active contributor to her field, she is a member of the Nutrition Society of Australia and Dietitian's Australia, and has played a pivotal role as a founding board member and Fellow of the Australasian Society of Lifestyle Medicine. She is also an Adjunct Lecturer at Newcastle University.

Mushrooms have a natural ability to make substantial amounts (24ug) of vitamin D when exposed to UV light (from the sun or lamps)- no other food compares. Our dietary modelling research asked the question- could vitamin D (UV-exposed) mushrooms make a significant contribution to the Australian diet and help address the high rates of vitamin D deficiency? It did. Not only were we able to model a diet that meets 100% of the vitamin D requirements for all Australians, with just 150g (2 serves) of UV-exposed mushrooms per week, but it had a positive impact on other nutrients without adding any additional calories. We showed that vitamin D mushrooms need to be considered as a food-based solution in dietary guidelines to address vitamin D deficiency being vegan, natural, versatile and sustainable.

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To coordinate an interview with Dr Flávia Fayet-Moore, please contact:

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