

Dr Emma Beckett RNutr, PhD (Food+Nutrition)

Nutrition Scientist & Science Communicator, FOODiQ Global; & Adjunct Senior Lecturer, Nutrition, Dietetics & Food Innovation, UNSW, THE HUNTER VALLEY

Dr Emma Beckett is a Food and Nutrition Scientist and Science Communicator with [FOODiQ Global](#); Adjunct Senior Lecturer in Nutrition, Dietetics, and Food Innovation at the University of New South Wales (UNSW); and a Board Member of the International Society for Nutrigenetics/Nutrigenomics.

Dr Beckett adores food – food and nutrition science, food fashion, talking about it, and eating! She is passionate about provoking thought, change, and action to improve the world through food choices.

She has multiple degrees (including a PhD) in food science, biomedical science, nutrition science, science management, and epidemiology. Dr Beckett's experience also extends to being a university academic, industry researcher, research fellow, and professional communicator.

Dr Beckett makes regular media appearances to help empower people to interpret food, and nutrition information, to ultimately make informed choices about food, without fear, or judgment.

She has clinched many research and communications awards throughout her professional career, including the 'Student Experience Award' from The Faculty of Science, The University of Newcastle, in 2020, the 'Research Excellence Early Career Researcher Award' from the same university in 2019, and 'NSW Young Tall Poppy' in 2017.

Dr Beckett recently authored a book titled [You are more than what you eat - Science, Nutrition and a perfectly imperfect approach to eating.](#)

She has published a variety of academic journal articles, including *Priority nutrients to address malnutrition and diet-related diseases in Australia and New Zealand, 2024*; and *Nutrition employability and graduate readiness: The Australian Working in Nutrition study, 2024*.

According to Dr Beckett, mushrooms are a unique food in so many ways.

"My favourite feature is that by simply giving them a little bit of time in the sun, mushrooms create vitamin D.

"With so many Australians not eating enough vitamin D, and many of us reducing our sun exposure, rates of deficiency of vitamin D in Australia are high," said Dr Beckett.



“Vitamin D is such an important nutrient. It is important for bone health, because it helps with calcium absorption and regulation, but it also interacts directly with many of our genes, triggering lots of beneficial pathways.

“Mushrooms may be forgotten amongst all of the bright coloured fruits and vegetables. But don't let the colour fool you!

“They are truly unique, and pack a nutritional punch. They are a source of many key nutrients, including vitamin D when exposed to UV-light, and contain bioactive compounds that promote health, some of which are unique to mushrooms,” Dr Beckett said.

“Eating just three sun-exposed mushrooms, four times a week, is enough for Australian adults to meet their recommended intakes without risking your skin in the sun.

“Mushrooms are so easy to add to your usual diet. They can be an addition to so many dishes, from soups and salads, to tacos and burgers, and even to brownies!” said Dr Beckett.

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To coordinate an interview with Dr Emma Beckett, please contact:

Kirsten Bruce & Mel Kheradi VIVA! Communications

M 0401 717 566 | 0421 551 257

T 02 9968 3741 | 1604

E kirstenbruce@vivacommunications.com.au | mel@vivacommunications.com.au