

# APD's book nominated for World Food Media Award



**Julie Meek**

DAA was excited to learn that a book by Perth-based APD Julie Meek was nominated as one of the best health and nutrition books in the world. Julie's book 'truth, lies and chocolate' was shortlisted as a finalist in the 2010 Le Cordon Bleu World Food Media Awards. Top honours went to 'The Essential Diabetes Cookbook'.

## **DAA asked Julie how it felt having her book recognised on the international stage:**

'I feel absolutely honoured and excited about being shortlisted for the 2010 World Food Media Awards. Given that 'truth, lies and chocolate' is my first book and the previous winner was the CSIRO Total Wellbeing Diet Book, I feel a real sense of achievement. This was highlighted at the awards night where I was rubbing shoulders with the celebrity chefs and foodies that we all know so well!' said Julie.

She said Elvis was the inspiration behind 'truth, lies and chocolate'. Julie explained that there are many facts and fairytales surrounding the singer's eating habits, particularly his famous 'fool's gold' sandwich – and she uses these as examples in her speaking engagements.

'This got me thinking about the thousands of food and nutrition myths out there. I decided to compile 99 of them in a book, so people could learn the truth. I wanted to write in a non-text book format that absolutely anyone could pick up, read and find an answer,' said Julie.

One thousand copies of Julie's book have been sold in six months and a second print run has just finished, with the book being picked up by a national book distributor. The book has questions relevant to athletes, children and parents and covers topics such as carbohydrates, food labelling, dairy products, antioxidants, fats and weight control.

Julie is a professional speaker in the corporate and sports arenas, and a writer and author. She also works at the Institute of Sport in Western Australia.

**Congratulations Julie!**