

# THE PENINSULA

H O T E L S

11 December 2007

## **GABRIELLE K. TÜSCHER, M.S., R.D. NUTRITION ADVISOR TO THE PENINSULA HOTELS**

Gabrielle Tüscher, M.S., R.D. is a United States accredited Registered Dietician who maintains a thriving nutrition practice in Hong Kong. Gabrielle obtained a Masters degree in Clinical Nutrition and Food Studies from New York University.

During her formative years in Hong Kong, her father's position as General Manager of a five-star luxury hotel group, exposed her to a host of ethnic and European cuisines, which she draws upon when instructing clients on nutrition.

Recognised as one of the leading nutrition authorities, Gabrielle regularly writes articles on current nutrition issues and concerns for a host of publications throughout Asia, based on current research.

In addition, Gabrielle serves as a consulting dietician for leading hotel groups in Asia, and has performed nutritional evaluations for fine dining restaurants, spas and resorts.

Gabrielle's customised nutrition consultations focus on new approaches for overall lifestyle management, counselling and behaviour modification based on current research.

She provides expert advice and counselling to both adults and children dealing with a variety of nutritional concerns including, weight and stress management, overall health and wellbeing, eating disorders, sports nutrition, food allergies/intolerances, gastrointestinal disorders, cardiac rehabilitation, vegetarianism, pregnancy, lactation, and menopause, and a host of medical conditions associated with nutrition.

An active speaker in her field, Gabrielle regularly lectures and conducts workshops and seminars on nutrition and fitness for corporations, hotels, gyms, private and public schools, and universities.

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