

Bio

Rebecca Bruce BSc, PGDipDiet

Registered Dietitian

My passion is improving health and wellness through nutrition and giving kids the helping hand they need. I get great satisfaction from being able to change children's lives for the better through the right nutrition. I can help you navigate the mine field of your child's nutrition and work through your concerns whether it be failing to gain weight or eating disorders, overweight, gut issues, support healthy growth, helping with food allergies.

Since completing my Post Graduate Diploma in Dietetics in 2003, I have worked in a variety of clinical areas and settings both in NZ and the UK including Middlemore Hospital, Starship Children's Hospital, Kings College Hospital in London and Tauranga Hospital. I have vast experience in children's nutrition and have also implemented a number of successful weight management programs and plans incorporating nutrition and exercise.

I enjoy cooking, recipe development (all recipes are tested on my husband & children!) and keeping active. My happy place is the beach! As a working mother of two, I understand first-hand the juggle of family life, work, and eating well. It is a challenge, but it is possible!