

## **McDonald's<sup>®</sup> Nutritionists Steering Group**

The European Nutritionists Steering Group (NSG) is a group of independent nutritionists from McDonald's largest European markets. The NSG consults with McDonald's Europe on their Balanced, Active Lifestyles activities. Members of the NSG are:

### **Anita Bean, BSC, Registered Nutritionist – United Kingdom**

Anita Bean is a registered nutritionist with a degree in Nutrition and Food Science from Surrey University. She is the author of 10 best-selling nutrition and fitness books and a regular magazine writer. She is the winner of the Nutrition (Fitness) Professional of the Year (Re-energise, 1999, nominated in 2002) and has received the Award for Special Achievement (Exercise England, 1995).

### **Dr. Petra Ambrosius, Dipl.oec.troph. – Germany**

Dr. Petra Ambrosius is the head of the Nutritional Consultancy Network and is a consultant for clients such as health insurance companies, food companies and catering services. She is also involved in the development of nutrition concepts for special interest groups, such as diabetics, obesity, sports and nutrition and children. Dr. Ambrosius is the author of several books about nutrition, diabetes and special diets.

### **Serge Michels, Food and Nutrition Engineer ENSAT – France**

Serge Michels is a food engineer for the ENSAT (National Superior School of Agronomy from Toulouse). He worked in the food industry and for the Consumer Organization of France before creating Entropy Conseil, now part of the Proteines Group. He is now associate director of Proteines, in charge of scientific and crisis management activities.