

NSNZ Endorsed mentor and supervisor database

Please refer to [A Guide to NSNZ mentorship and professional supervision booklet](#) for your mentor and supervision requirements
Many of our supervisors and mentors are available for virtual sessions

Mentors

Name	Based	Registration areas	Special interest area(s)	Contact information
Maria Choukri Registered Nutritionist	Ōtautahi Christchurch	Scientific Research (Academic), Education, Public Health, Communication	Nutrition and mental health	maria.choukri@ara.ac.nz
Erina Korohina Registered Nutritionist	Tauranga Bay of Plenty	Scientific Research (Academic),	Kaupapa Māori approaches to nutrition	erina.korohina@thecentreforhealth.co.nz 022 326 5602
Bek Parry Registered Nutritionist	Waitaha, Canterbury	Public Health		bek@bekparry.nz 0226545874
Diana Anderson Registered Nutritionist	Tāmaki Makaurau Auckland	Public Health, Scientific Research (Academic), Practice	Diabetes and weight loss	anddiana@gmail.com
Sarah Mitchell - Weston Registered Nutritionist	Tāmaki Makaurau Auckland	Scientific Research (Academic),		sarah@mwnutrition.co.nz 02451 771
Jan Hales Registered Nutritionist	Christchurch	Food industry, food marketing (Communications)	Nutrition-related product development and food marketing, food policy and regulations, healthy and sustainable diets/food systems	jan@nutritionbureau.nz 021 0250 7352
Sharon Sutton Registered Dietitian	Ōtepoti Dunedin	Practice	Gut health and geriatric nutrition. T2DM, Coeliac Disease, disordered eating, and ACC	sharon@purplecarrot.co.nz 0274 177 938
Sally Mackay- Registered Nutritionist	Tāmaki Makaurau Auckland	Scientific Research (Academic),	Public Health	sally.mackay@auckland.ac.nz 021 0242 6760
Jade Winter Registered Nutritionist	Hokitika, West Coast	Practice, Public Health	Sports nutrition, coeliac disease, IBS, disordered eating, type 2 diabetes and fertility/early life	jade@jadewinternutrition.co.nz 0277264127
Luke Stanaway Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Sports and performance nutrition, weight management, gut health, body composition, general health, Longevity	luke@nourishapp.co.nz 021 029 65220
Sheena Hendon Registered Nutritionist UK trained Dietitian	Tāmaki Makaurau Auckland	Personalised nutrition practise	Digestion, hormonal, Metabolic (obesity, Diabetes, CVD...), women's and general health and nutrition. Business management, marketing	sheenahendon@gmail.com 021 316 677 www.sheenahendonhealth.co.nz
Sara Richardson Registered Dietitian	Dunedin	Personalised nutrition practise	Sports performance nutrition, female athletes, disordered eating, gut, body composition, general health, adolescent/aging athletes	sara.l.richardson@icloud.com 021 329 555

Nicole Freebairn Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Bariatrics, Weight Management, Metabolic Health, Peri/Post Menopause, Relationship with Food	hello@naturalnourishco.com 022 048 1877
Ranee Hearst Registered Nutritionist	Christchurch	Personalised nutrition practise	Women’s health, gut and immune health, stress, low mood, sleep.	Ranee@balsamnaturalhealth.co.nz 027 439 4650
Megan Lewis Healy Registered Nutritionist	Wellington	Personalised nutrition practise	Behaviour change, sports nutrition, health and nutrition	meganlewisnutrition@gmail.com 0204 130 8475
Franceska Amitrano Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Cardiometabolic/ cardiovascular diseases, thyroid dysfunctions, autoimmune diseases, maternal/child health	fra.amitrano1@gmail.com 021 0884 1371
Nichola (Nikki) Tui Hart Registered Nutritionist PG Dip Dietetics	Tāmaki Makaurau Auckland	Personalised nutrition practise	Nutrition across the ages, gastrointestinal, women’s health/sports, cardiometabolic	nikki@nikkihartnutrition.co.nz 021 474 071
Delwyn MacKenzie Registered Nutritionist	Manawatu	Education plus Personalised nutrition practise	Gut microbiome, immune health, weight management, mental health, disordered eating, women’s/hormonal health	delwyn.mackenzie.nz@gmail.com 021 166 1644
Kavneet Kaur Registered Nutritionist	Tāmaki Makaurau Auckland	Public Health and Personalised nutrition practise	Medical Nutrition therapy for- Women’s health, Metabolic diseases	thrivefamnutrition@gmail.com 022 322 5221
Elisa Weiss Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Women’s health, metabolic health, gut-brain disorders, dysautonomia	weissnutrition@gmail.com

Supervisors who have undergone specific supervision training

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Name	Based	Registration areas	Special interest area(s)	Contact information
Sheena Hendon Registered Nutritionist (UK trained Dietitian),	Tāmaki Makaurau Auckland	Personalised Nutrition Practice	Digestion, hormonal, Metabolic (obesity, Diabetes, CVD...), women's and general health and nutrition. Business management, marketing	sheenahendon@gmail.com 021 316 677 www.sheenahendonhealth.co.nz
Rebecca Ward Registered Nutritionist	Ōtautahi Christchurch	Personalised Nutrition Practice	Disordered eating, mental health, family and children's nutrition	beckwardnutrition@yahoo.co.nz 021 164 1391
Julie Carter- Registered Dietitian	Tāmaki Makaurau Auckland	Public Health	Food security, food environments and food systems	Julie.carter@xtra.co.nz 027 441 4336
Sharon Erdrich Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised Nutrition Practice Research	Gut health, gut microbiome, functional GI disorders, holistic health approaches	sharon@houseofhealth.co.nz 09 846 5566
Nevedita Sharma Vij Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised Nutrition Practice Public Health Education	General/metabolic disease management, eating disorders, gut microbiome, immunity, women's health, geriatric and mental health, health coaching, public policy.	mnsvconsultant@outlook.com 021 100 6585
Sara Richardson Registered Dietitian	Dunedin	Personalised Nutrition Practice	Sports and performance nutrition, female athletes, disordered eating, gut, body composition, general health, adolescent/aging athletes	sara.l.richardson@icloud.com 021 329555
Jeni Pearce Registered Dietitian (with IOC and SDA qualifications)	Tāmaki Makaurau Auckland	Personalised Nutrition Practice	Sports nutrition, disordered eating, general health, business management, female health	jenipearcenz@gmail.com 027 446 0346
Jade Winter Registered Nutritionist	Hokitika, West Coast	Personalised Nutrition Practice, Public Health	Sports nutrition, coeliac disease, IBS, disordered eating, type 2 diabetes and fertility/early life	jade@jadewinternutrition.co.nz 0277264127
Elisa Weiss Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Women's health, metabolic health, gut-brain disorders, dysautonomia	weissnutrition@gmail.com

Other supervisors without supervision training

Name	Based	Registration areas	Special interest area(s)	Contact information
Julianne Taylor- Registered Nutritionist	Tāmaki Makaurau Auckland	Nutrition Comms Personalised Nutrition practice	Nutrition for autoimmune disease and inflammatory conditions, particularly rheumatoid arthritis	juliannetaylor@xtra.co.nz 021 680 703
Luke Stanaway Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised Nutrition practice	Sports and performance nutrition, weight management, gut health, body composition, general health, Longevity	luke@nourishapp.co.nz 021 02965220
Nicole Freebairn Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Bariatrics, Weight Management, Metabolic Health, Peri/Post Menopause, Relationship with Food	hello@naturalnourishco.com 022 0481877
Megan Lewis Healy Registered Nutritionist	Wellington	Personalised nutrition practise	Behaviour change, sports nutrition, health and nutrition	meganlewisnutrition@gmail.com 0204 130 8475
Franceska Amitrano Registered Nutritionist	Tāmaki Makaurau Auckland	Personalised nutrition practise	Maternal/child health, cardiometabolic/cardiovascular diseases, thyroid dysfunction, neurodegenerative diseases, Rheumatoid conditions, sports nutrition	fra.amitrano1@gmail.com 02108841371
Nichola (Nikki) Tui Hart Registered Nutritionist PG Dip Dietetics	Tāmaki Makaurau Auckland	Personalised nutrition practise	Nutrition across the ages, gastrointestinal, women's health/sports, cardiometabolic	nikki@nikkihartnutrition.co.nz 021 474 071
Kavneet Kaur Registered Nutritionist	Tāmaki Makaurau Auckland	Public Health and Personalised nutrition practise	Medical Nutrition therapy for- Women's health, Metabolic diseases	thrivefamnutrition@gmail.com 022 322 5221
Delwyn MacKenzie Registered Nutritionist	Manawatu	Education plus Personalised nutrition practise	Gut microbiome, immune health, weight management, mental health, disordered eating, women's/hormonal health	delwyn.mackenzie.nz@gmail.com 0211661644