



Maria Thomas, RD Nutritionist

Nutrition Expert on CBC's Village on a Diet
Monday's at 9:00 pm

Nutrition Consultant for Tommy's Europe's 'The Last 10 Pounds Bootcamp' on the Slice Network

The Slice Network's Nutrition Expert

Vancouver-based Registered Dietitian Maria Thomas is fast becoming recognized as one of Canada's leading health experts. Whether she is working with clients helping them achieve their health and wellness goals, or with companies to help enhance employee wellness, or with the media to teach readers and viewers the latest on food and nutrition, her extensive knowledge and ability to demystify and break down the science of nutrition has made her a highly sought-after consultant in the field of health and wellness. Her motto is "life is tough enough without having to worry about food!" She makes healthy eating simple, by teaching people how to eat what they love, while nourishing their bodies, and moving towards their goals

Maria's ability to communicate the message of healthy eating in a way that is intriguing and entertaining has allowed her to be featured in shows such as Village on a Diet, The Last 10 Pounds Bootcamp, ET Canada and Anna and Kristina's Gym Bags, and for magazines such as Glow, Chatelaine, Flare and Fashion.

Her expertise has been utilized both on camera, and behind the scenes as the Nutrition Expert on **The Last 10 Pounds Bootcamp**, and where she was featured in the episode 'Six Pack Dreams'. Maria has been working behind the scenes creating and managing all the nutrition regimens for the show since it first aired in 2004. Maria can be seen on CBC in '**Village on a Diet**', airing June 18th, 2011 for 12 weeks. With a team of health experts, Maria helps a town of 1300 people lose weight by leading them through nutrition and lifestyle changes

In addition to her media experience, Maria has been working as a Registered Dietitian for over 10 years, and maintains a thriving private practice specializing in weight management, digestive and heart health and healthy lifestyle. She has teamed up with Tommy Europe to provide meal plans through his website, and his new book, 10 Pound Shred, and will be offering webinars, e-books to help people achieve their goals

For more information, check www.urbannutrition.com

Follow Maria on twitter at @MariaNutrition

Media-Television

The Last 10 Pounds Bootcamp



Entertainment Tonight (ET) Canada



Village on a Diet



Anna & Kristina's Gym Bags



The Straight Goods



Strength Training for Women



Living Vancouver



Breakfast Television



Urban rush The Express

Radio

The Christy Clark Show, CKNW



Print Media

