

Fiona Carruthers

Fiona Carruthers joined Beef + Lamb New Zealand (BLNZ) as Nutrition Manager in 2001, coming from a meat industry background in the UK, working for the Meat and Livestock Commission.

Fiona works closely with health professionals, consumers, scientists, the Government and the media promoting the importance of red meat in a healthy diet.

Until October 2010, Fiona chaired the International Meat Secretariat Human Nutrition and Health Committee and has been Chair of the New Zealand Nutrition Foundation for the last four years.

She lives in southern New Zealand in the heart of sheep country and, away from work, enjoys skiing, hockey, cycling and exploring her adopted home.