



Julia Scott-Douglas

Julia has a BSc honours degree in nutrition from the University of London and is State Registered. She qualified as an Accredited Sports Dietitian 9 year ago and re accredited 5 years ago

Julia has been nutrition tutor at The British Racing School for the past 9 years and leads the team of 5 sports dieticians known as "From the Horses Mouth" which was established to provide dietary advice and support to jockeys. This is funded by BHEST and the team works closely with The PJA. She regularly visits race courses and mans the Nutrition Advice Line.

Julia was appointed as the nutritionist for the Equestrian World Class Programme working in all disciplines (show jumping, dressage, Para equestrian and 3 day eventing) for both World Class Performance and World Class Development. She is very much involved with working towards 2012.

She is also a trainer for MEND (Mind Exercise Nutrition and Do It). This is a programme run by the Institute of Child Health and Great Ormond Street Hospital to tackle childhood obesity.