



About Jennifer Sygo, M.Sc., RD

Jennifer Sygo is the Director of Nutrition for Cleveland Clinic Canada and the nutrition columnist for the National Post.

After completing an undergraduate degree in Biochemistry at McMaster University, Jennifer went on to obtain a Masters of Science in Human Biology and Nutritional Sciences, specializing in Nutrition, Exercise, and Metabolism, from the University of Guelph. At Cleveland Clinic Canada, Jennifer works with a multidisciplinary team of health care professionals, providing clients with evidence-based solutions for cardiovascular health, cancer prevention, weight management, and general wellness.

A leading sport nutritionist, Jennifer is a service provider for the Canadian Sport Centre Ontario and the Coaching Association of Canada. In her practice, she has worked with athletes ranging from the recreational level to Olympic and world medalists, as well as professional athletes in the NHL, CFL, and Major League Baseball. In 2012, Jennifer will serve as the team dietitian for Canada's rhythmic gymnastics group as they prepare for the upcoming Olympic Games in London.

Jennifer is also a noted public speaker, and has provided presentations and keynote addresses on for organizations including Dietitians of Canada, Kellogg's, GE, and PetroCanada. Jennifer's nutrition expertise is regularly featured on CanadaAM, CBC Radio and Television, Global News, and CityTV News. She is a regular contributor to Oxygen Magazine, and her nutrition column appears in the Health section of the National Post every Tuesday. In 2011, Jennifer was featured as the nutrition expert as part of the documentary Run, Run Revolution, a part of the CBC's acclaimed Live Right Now Series.

Outside of her work, Jennifer is an avid athlete and sports enthusiast. She enjoys yoga and running, and has completed several half-marathons, as well as the Toronto Marathon in 2004. In June, 2011, Jennifer and her husband welcomed the birth of their second child.

Jennifer's Most Popular Nutrition Seminar Topics:

- The 10 Top Nutrition Tips for Busy Professionals
- Eating for Energy and Optimal Health
- How Many Eggs Can I Eat? Getting to the Bottom of Nutrition Myths, Facts, and Controversies
- Zoomers' Best Health: Top Nutrition Tips for Baby Boomers and Beyond
- Beyond Heart Health: How Nutrition affects your Heart, Head, and your Sexual Health
- Fuel for Sport: Top Tips for Peak Performance

Select Client Testimonials:

“Based on the evaluation of our conference, Jennifer was ranked at the highest level possible – 5 out of 5! Jennifer has an exuberance that is catching, and she knows her stuff so very well. I believe that she could have talked for an hour longer, and there would not have been a single complaint. We would very much thank Jennifer and you for making her presentation a tremendous success!”

--Food Industry President and CEO

“Jennifer: Thank-you again for a tremendous presentation on Saturday at our Conference. Your depth of knowledge and ability to share that knowledge has been a major highlight of this year’s Symposium for all of us.”

--Medical Conference Planner

“Jennifer is a phenomenal speaker! She is very passionate, very knowledgeable, and very informative, and totally kept the audience engaged. Her information is excellent.”

--Conference attendee

“I had the great pleasure of attending the convention late last week, and I was particularly entertained and informed by your very professional presentation. I will certainly be utilizing the recommendations you made!”

--Conference attendee

“I just wanted to tell you how much I enjoyed your talk today at the Symposium! Great content and fabulous delivery. So nice to see such great presentation skills. It was a joy to attend.”

--University professor and conference attendee

“Thanks to you, Jennifer! I thought it was an excellent session. What I found most interesting was the fact that the kids seeing your presentation for the second time were equally interested. I've had nothing but positive comments from the parents and athletes.”

--Coach and sports club president

Thank-you for a great workshop. I have been sharing some of your points with the parents of my students, the coach of my son's soccer team, friends and family - even the friend of my son who was over after a hockey practice. I gave him a talk about the importance of refuelling your muscles after a practice so that they may recover. He actually listened and told his coach that he needs to do the same for the rest of the team!

--Parent of high performance athlete

“Just a quick note to say thank you for taking the time to come and present valuable information to us on nutrition. My daughter was bursting with excitement and info when she came home. She is a long , skinny monkey that burns up her energy quickly. She is very aware of what and when she ingests and felt very good to hear she is on the right track with her food group choices, proteins, carbs, and so on. She was thrilled to learn more of what she should do and what food (good and bad) does for you.”

--Parent of high performance athlete

“Thanks very much for the fabulous presentation! Lots of parents were discussing how informative the seminar was for them! You are a great presenter!”

--Parent of high performance athlete

“That was an EXCELLENT parent presentation last night ... thank you for bringing it to the gym! Interesting how gymnasts nutrition needs differ from other athletes!”

--Parent of high performance athlete