



**EAT right**  
making nutrition work

## **Background Profile**

Derrick Ong is an Accredited Practising Dietitian trained in Australia and holds a Bachelor of Nutrition and Dietetics (Honours) from Deakin University, Melbourne. He was running his own private practice in Melbourne before returning to Singapore to take up the position of a clinical dietitian at Singapore General Hospital. He has recently gone back to private practice to set up his own nutrition consultancy, Eat Right which aims to provide practical dietary advice for each client. Derrick does one-to-one consultations with clients as well as giving group talks that empower people to make healthy choices in their day to day eating. He is also interested in enhancing sports performance for recreational, sub-elite and elite athletes. He is a member of Sports Dietitians Australia and is in the process of attaining qualification as an ISAK Level 1 anthropometrist. He was the leader of the Nutrition Ambassador team for the Youth Olympic Games (YOG). Derrick enjoys playing soccer and futsal, and cooking gourmet meals for his friends and family in his spare time. He is a firm believer that healthy food should also be delicious food.

## **Services Offered**

- One-to-one dietary consultations for weight loss / gain
- chronic disease prevention/management and
- enhancing sports performance
- Anthropometric assessment of body composition
- Group talks
- Cooking demonstrations
- Restaurant/Catering menu assessment