



Sophie Medlin

Presenter and Consultant Dietitian

Sophie Medlin is an award-winning consultant dietitian and Director of CityDietitians with over 15 years of experience across the NHS and private medical sector. During her time at King's College Sophie was inspired by the work of ground-breaking academic dietitians to start her own business 'CityDietitians' so the general public could access and benefit from it.

CityDietitians now offers a team of 11 specialist dietitians all with different areas of medical expertise and Sophie continues to lecture at universities across the country, inspiring the new generations of dietitians.

Alongside her clinical work, Sophie runs a consultancy business, formulating nutritional supplements and probiotic products. Using a combination of her academic knowledge and practical client experience Sophie builds her bespoke products to meet the highest standards to meet a range of dietary needs.

Sophie is also well known for her media work and has been featured on TV programmes such as Inside The Factory, The One Show, How to Lose Weight Well, and many more. She is also recognised for her work dispelling myths and fads on social media and raising awareness of gut health issues.

Away from her clinical and TV work, Sophie's absolute passion is food and cooking. She is an avid home cook, who also loves to discover new restaurants in and around London, from fine dining, to its best kept secrets. Sophie also is an advocate for staying active, and regularly enjoys swimming, yoga and weight lifting.