



Sophie Medlin

Presenter and Consultant Dietitian

Sophie Medlin is an award-winning consultant dietitian with more than 15 years' experience across the NHS and private medical sector. In 2023, Sophie featured as the consultant dietitian on Channel 4's hit series *Know Your Sh!t*, where she shared gut health hacks and revealed how our gut impacts our physical and mental health.

While studying at King's College, Sophie was inspired by the work of groundbreaking academic dietitians to start her own business – CityDietitians. Sophie's vision was that the general public should be able to access and benefit from the same medical expertise that inspired her.

As the director of CityDietitians, Sophie leads a team of 11 specialist dietitians, all with different areas of medical expertise. Sophie continues to lecture at universities across the country, inspiring a new generation 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 and a range of dietary needs.

Sophie is also well known for her media work, and aside from *Know Your Sh!t*, her TV appearances include *Inside The Factory*, *The One Show* and *How to Lose Weight Well*.

Sophie is also recognised for her work dispelling myths and fads on social media, as well as 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.