

Allergy, intolerance or something else?

Navigating reported food reactions in dietetic practice

Date: Wednesday 14 October 2026

Time: 11:00am - 12:00pm AEDT (60min)

Where: Online via Zoom (please register below and more information will be sent)

About this webinar

"I'm allergic to..." "I can't tolerate..." "That food makes me feel awful..."

Reported food allergies and intolerances are common in eating disorders, but what do we do when the story isn't quite so clear? How do we tell the difference between a true allergy, an intolerance, a suspected reaction, or symptoms that may be linked to prolonged restriction or nutritional rehabilitation?

This 60-minute webinar will unpack the tricky world of food reactions in eating disorder practice, including food sensitivity testing, clinical assessment, referral, and the impact of our own assumptions. We'll explore how to stay curious, keep people medically safe and nutritionally supported, and avoid unintentionally turning food avoidance into another eating disorder rule.

Presented by

Morgan Strawbridge

Morgan Strawbridge is a senior dietitian with the Residential Eating Disorder Service in Charlestown, Newcastle. She has more than 10 years' experience working across inpatient, residential, and private practice settings, supporting both young people and adults experiencing eating disorders both within Australia and the UK. Within these roles her work has expanded to building and reviewing food service systems alongside contributing to the accreditation of eating disorder services through the Royal College of Psychiatrists in England. Morgan is passionate about trauma-informed and neurodiversity-affirming care, with a particular focus on the therapeutic relationship and the environment in which recovery takes place. She values curiosity, clinical reflection, and supervision as essential parts of thoughtful and collaborative practice.

Julia Martin

Julia is an experienced dietitian with a strong background in eating disorder care across inpatient, mental health, specialist day program, residential, and private practice settings. She has worked with children, adolescents, and adults experiencing complex eating disorders and co-occurring medical and mental health conditions, providing evidence-based, trauma-informed, and recovery-oriented nutrition care. In her current role with the Residential Eating Disorder Service in Charlestown, Newcastle, Julia has contributed to the development of client-led food service systems and practical approaches that build independence, flexibility, and confidence around food, including meal support, self-plating, cooking, supermarket exposure, and social eating. She is passionate about normalising eating, reducing food-related rigidity, and supporting client autonomy through collaborative and individualised care. Julia also has experience in staff education, clinical supervision, quality improvement, and service development, and values curiosity, reflection, and collaboration in her clinical practice.

Target Audience

All clinicians supporting individuals experiencing eating disorders

Registration

To attend online via Zoom, please [register via this link](#)

For more information please contact admin@insideoutinstitute.org.au