

DR MARGARET MURRAY

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MELBOURNE, AUSTRALIA



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PROFESSIONAL PROFILE

Dr Margaret Murray is a Dietitian and Senior Lecturer in Nutrition with the School of Health Sciences at Swinburne University of Technology. She is the Course Director for the Bachelor of Nutrition and has a passion for authentic and engaging education. Margaret's teaching expertise encompasses introductory human nutrition and health, nutrition metabolism, food systems, food regulation, professional identity, and research skills. She is highly engaged with education-focussed research, with current projects focused on assessment and national nutrition competencies, and she holds a Graduate Certificate of Learning and Teaching (Higher Education).

Margaret has a strong interest in communicating nutrition and is a regular writer for The Conversation, with multiple media appearances across television and radio, along with other public speaking engagements. Margaret's research also focusses on communicating evidence-based nutrition with the public. She is leading a research program aimed at improving the way we communicate nutrition information, specifically dietary guidelines, with young adults via social media. She is also interested in the way dietary guidelines are developed and communicated with the public more broadly.

Margaret also has expertise in investigating the health impacts of bioactive compounds in food for chronic disease prevention/health promotion. She has coordinated multiple human clinical research studies and is comfortable using both qualitative and quantitative research methods. Margaret thoroughly enjoys supervising research students and passing on her expertise to the next generation. Margaret has collaborated with the Sustainable Nutrition initiative team at the Riddet Institute in New Zealand, the Fraunhofer Research Institute in Germany, and worked with industry partners Marinova Pty Ltd and Jenny Craig. She welcomes interest for collaboration in relation to both research and teaching.

Margaret holds a Certificate IV in Leadership and Management and demonstrates leadership and engagement across her institution and discipline through roles such as Academic Director (Pathways) for the School of Health Sciences at Swinburne University of Technology and Secretary for SIGNETT (Special Interest Group for Nutrition Education and Tertiary Teaching) with the Nutrition Society of Australia.

EXPERIENCE

2023 - Current

SENIOR LECTURER NUTRITION

Department of Health Sciences and Biostatistics, Swinburne University of Technology

Key responsibilities:

- Course Director and education leadership
- Research leadership and collaboration
- Institutional and disciplinary leadership and engagement roles
- Science communication

2023

LECTURER

Department of Nutrition, Dietetics and Food, Monash University

Key responsibilities:

- Graduate research supervision
- Unit coordination
- Development and continuous improvement of teaching material and unit content
- Leading human clinical research studies
- Collaborating with experienced researchers and educators
- Producing communication materials including presentations and publications

EDUCATION

GRADUATE CERTIFICATE OF LEARNING AND TEACHING (HIGHER EDUCATION) (2025)
Swinburne University of Technology

DOCTOR OF PHILOSOPHY (2019)

Department of Nutrition, Dietetics and Food, Monash University
'A novel investigation of the anti-hyperglycaemic and anti-hyperlipidaemic effects of a polyphenol-rich Fucus vesiculosus extract'

CERTIFICATE IV IN LEADERSHIP AND MANAGEMENT (2018)
Monash University Short Courses Centre

HONOURS DEGREE OF BACHELOR OF NUTRITION (2014)

Department of Nutrition and Dietetics, Monash University
'The impact of multicomponent weight management interventions on psychosocial factors, physical activity and BMI z-score in overweight and obese adolescents'

BACHELOR OF NUTRITION AND DIETETICS (2013)

Department of Nutrition and Dietetics, Monash University

EXPERIENCE, CONT.

2020—2023

TEACHING ASSOCIATE & RESEARCH FELLOW

Department of Nutrition, Dietetics and Food, Monash University

Key responsibilities:

- Independently developing, coordinating, teaching and improving Masters level units
- Collaborating with experienced researchers and educators
- Leading human clinical research studies
- Supervising PhD, honours and undergraduate research students

2018—2021

RESEARCH FELLOW

School of Chemistry, Monash University

SKILLS

- Engaging an audience
- Organisation & time management
- Project management
- Curriculum development
- Leadership & supervision
- Pedagogical content knowledge
- Evidence-based practice
- Building positive relationships
- Highly developed written and oral communication skills
- Highly engaged with professional development
- Fast-learner
- Strong initiative
- Team leadership

EXAMPLES OF STUDENT FEEDBACK

“One of the best unit convenors I have had in regard to clear requirements for students throughout the unit. Made learning the content much easier and a lot more streamlined.” - BIO20004, 2025

“Excellent course structure, as with all your subjects. I love having very specific, practical steps for all my assignments, and to know exactly where to go to ask questions. The fact that the lecture content was put up well in advance is also very, very helpful. In general, the organisation of this subject was fantastic. I also appreciate that you made some effort to acknowledge the gaps in the lectures (such as the lack of gender-diversity in the lectures). Whenever I see that I have a subject taken by you, I’m always relieved, because I know I will do well.” - BIO20004, 2025

“I thought Margaret was a fantastic tutor. She was thorough, yet her approach was smooth, balanced, and firm, with excellent knowledge. I think she’s a great example of both a dietitian and an academic, and I’ve really appreciated the opportunity to learn from her.” - NTR10003, 2025

“I have loved Margaret as a teacher. I feel she puts a lot of effort into the content for the unit and it is all really useful in real life. I feel I can see the point to why I’m learning these things which makes it easier for me to learn.” - NTR10003, 2025

NOTEABLE PUBLICATIONS

- Murray M, et al. Demonstrating a link between diet, gut microbiota and brain: 14C radioactivity identified in the brain following gut microbial fermentation of 14C-radiolabeled tyrosine in a pig model. *Frontiers in Nutrition*, <https://doi.org/10.3389/fnut.2023.112772>
- Murray M, et al. Twelve weeks’ treatment with a polyphenol-rich seaweed extract increased HDL cholesterol with no change in other biomarkers of chronic disease risk in overweight adults: A placebo-controlled randomised trial. *The Journal of Nutritional Biochemistry*, <https://doi.org/10.1016/j.jnutbio.2021.108777>
- Murray M, et al. An emerging trend in functional foods for the prevention of cardiovascular disease and diabetes: Marine algal polyphenols. *Critical Reviews in Food Science and Nutrition*, <https://doi.org/10.1080/10408398.2016.1259209>
- Murray M, et al. Sharing the tracks to good tucker: identifying the benefits and challenges of implementing community food programs for Aboriginal communities in Victoria. *Australian Journal of Primary Health*, <https://doi.org/10.1071/PY14038>

EXAMPLES OF SCIENCE COMMUNICATION

- Murray M. What happens if I eat too much protein? September 3, 2025. Available at: <https://theconversation.com/what-happens-if-i-eat-too-much-protein-261849>
- Murray M and Costanzo A. What’s the difference between Easter egg chocolate and regular chocolate? April 15, 2025. Available at: <https://theconversation.com/whats-the-difference-between-easter-egg-chocolate-and-regular-chocolate-252026>
- Murray M. Phytonutrients and their health benefits. Thought for Food article, Nov 2022, for the Sustainable Nutrition Initiative. Available at: <https://sustainablenutritioninitiative.com/phytonutrients-and-their-health-benefits/>
- Murray M and Barbour L. Nutrition & Dietetics journal’s special issue on food systems and sustainability - our reflections. Monash Nutrition Blog, January 24, 2024. Available at: <https://monashnutrition.blogspot.com/2024/01/nutrition-dietetics-journals-special.html>
- Social media, television and radio appearances, listed on my website.