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About the author

Fleur Schouten was born in Delft, the Netherlands, on the 14th of February in 1975. After finishing in 1993 her pre-university education ('gymnasium') at the Stanislas College in Delft, she moved to Groningen. She studied two years at the State University of Groningen, Faculty of Dutch Literature, but switched to Nutrition and Dietetics (BSc) at the Hanzehogeschool of Groningen, which she finished in 1999. For her internship she worked at a hospital in Belgium as a dietician. From 2000 to 2003 she worked as a Region manager of medical nutrition for Nutricia Nederland (Numico) located in Zoetermeer. She was responsible for the sales of clinical nutrition in the medical market of the north of the Netherlands. Afterwards, she went off to South-America for six months. This period was used to learn Spanish, working as a volunteer for a NGO in Lima and travelling in Peru, Bolivia and Chile. Concerning the voluntary work, she investigated the nutritional intake in malnourished children. From 2003 to 2005 she studied Nutrition and Health (MSc) at Wageningen University. For her internship she worked during six months for a food security project in Bangladesh (the "Food Security for Vulnerable Group Development (VGD) women and their dependants Project"). This project was executed by the World Food Program and the Government of Bangladesh. The main goal of the project was to improve the food security situation of VGD participants in defined areas in Bangladesh and to improve the quality of life by providing food aid, limited financial assistance and training on income generating activities. For her thesis, she participated within an international meta-analysis project of the World Cancer Research Fund (WCRF) in Wageningen. After graduating in 2005, she worked for six months as a junior researcher at WCRF. In January 2006 she started as a PhD-student at the Department of Health Sciences of the Faculty of Earth and Life Sciences at the VU University in Amsterdam, which she finished in 2011.

Fleur lives together with Theo in Utrecht. In 2007, she gave birth to their first daughter Mila, in 2009 to their second daughter Ise and in 2012 to their son Merijn.