

2026 NUTRITION CONGRESS

DRAFT SCIENTIFIC PROGRAMME



SCIENTIFIC RESEARCH (S R) INFORMATION EDUCATION (I E)			
DAY 1 Wednesday, 7 October 2026			
07:00	Registration Opens		
CONGRESS WELCOME & OPENING VENUE: BALLROOM CHAIRPERSONS: Ms Maria van der Merwe, President: Association for Dietetics in South Africa (ADSA) and Prof Elize Symington, President: Nutrition Society of South Africa (NSSA)			
08:00 - 08:15	Congress Welcome and Opening by Ms Maria van der Merwe, President of ADSA and Prof Elize Symington, President of NSSA		
08:15 - 09:00	KEYNOTE SPEAKER Unlocking the power of novel data and data science in nutrition research and policy - Prof Michelle Morris - Professor of Data Science for Food, University of Leeds (United Kingdom)		
SESSION 1	1A: Food and Nutrition in a Changing Society VENUE: BALLROOM CHAIRPERSONS: Ms Ronel Beukes, Stellenbosch University Ms Angelique Carson-Porter, University of the Free State	1B: Nutrition Research for Impact and Innovation VENUE: MARATHON ROOM CHAIRPERSONS: Ms Raffaella Braga, University of the Free State Ms Claudine Jordaan, North-West University	1C: Nutrition in Disease Prevention and Management VENUE: BOUNDARY ROOM CHAIRPERSONS: Prof Renee Blaauw, Stellenbosch University Ms Cari Erasmus, Heart and Stroke Foundation
09:05 - 09:20	Regulation and monitoring of the sale of foods and beverages at school tuckshops: A pilot study (S R) Prof Ashika Naicker, Durban University of Technology (South Africa)	Gastrointestinal integrity is associated with systemic inflammation and gut symptoms in South African female university-level team-sport players (S R) Ms Marlize Botha, North-West University (South Africa)	Burden of obesity and cardiometabolic risk among health professionals in South African public healthcare facilities (S R) Ms Faith Masala, National Department of Health (South Africa)
09:20 - 09:35	More than market noise? Price dynamics of R.214-regulated foods in South Africa (S R) Ms Odette Roux, Centre of Excellence for Nutrition - North-West University (South Africa)	The inflammatory and antioxidant potential of habitual diets of female athletes from a university in South Africa (S R) Ms Georgia Van Der Walt, North-West University (South Africa)	Knowledge and reported treatment of patients with Polycystic Ovarian Syndrome (PCOS) in South Africa (S R) Mx Ermi Spies, University of the Free State (South Africa)
09:35 - 09:50	Exploring the voluntary commitments and practices of Danone in supporting healthier food environments and improving population nutrition in South Africa (I E) Ms Leanne Kiezer, Danone Southern Africa (South Africa)	Association of body composition and fat distribution with iron status in young South African women (S R) Ms Busisiwe Mkhabela, North-West University (South Africa)	Providing nutrition care for those with cerebral palsy: Experiences of healthcare workers in the South African Public Health System (S R) Prof Louise van den Berg, University of Pretoria (South Africa)
09:50 - 10:05	Ultra-processed research: Mapping the corporate political activity strategies of the food industry in South Africa (S R) Dr Tamryn Frank, University of the Western Cape (South Africa)	Adherence to the South African food-based dietary guidelines among young adults aged 20-30 years: The African-PREDICT study (S R) Ms Zeldah Luvha, North-West University (South Africa)	Does diet quality drive metabolic response? Changes in Mediterranean diet adherence and metabolic syndrome severity during a lifestyle intervention (S R) Ms Leonie Burgard, University Hospital Erlangen (Germany)
10:05 - 10:25	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
10:25 - 10:55	TEA COFFEE BREAK		
SESSION 2	2A: Food and Nutrition in a Changing Society VENUE: BALLROOM CHAIRPERSONS: Prof Lisanne du Plessis, Stellenbosch University Dr Tamryn Frank, University of the Western Cape	2B: Nutrition Research for Impact and Innovation VENUE: MARATHON ROOM CHAIRPERSONS: Ms Joeline Chetty, South African Medical Research Council Dr Carmen Muller, University of Pretoria	2C: Nutrition in Disease Prevention and Management VENUE: BOUNDARY ROOM CHAIRPERSONS: Ms Nasreen Jaffer, ADSA Dr Marizeth Jordaan, University of the Free State
11:00 - 11:15	Civil society perspectives on commercial determinants of stunting: A case study of the 'Not Today Nestlé' campaign (I E) Ms Angelika Grimbeek, HEALA (South Africa)	The effects of immune-modulatory nutrients in pulmonary tuberculosis patients: a systematic review and meta-analysis (S R) Dr Simoné King, North-West University (South Africa)	Barriers to the early identification of refeeding syndrome in hospitalised children with severe acute malnutrition: Perspectives of healthcare practitioners (S R) Ms Tshogofatso Mogase, Sefako Makgatho Health Science University (South Africa)
11:15 - 11:30	Harnessing the value of an NPO-led school program to foster healthy eating behaviours in children (I E) Ms Cari Erasmus, Heart and Stroke Foundation South Africa (South Africa)	Balanced energy-protein supplementation fortified with multiple micronutrients and maternal nutritional outcomes in pregnancy: A community-based study in South Africa (S R) Dr Marita Serfontein, University of South Africa (South Africa)	The unbroken chain: Nutritional adequacy, cumulative micronutrient deficits, and foodservice Governance in Eastern Cape Psychiatric Hospitals, South Africa (S R) Ms Asanda Getyeza-Ntswam, University of Western Cape (South Africa)
11:30 - 11:45	Caregiver use of added sugar in home-prepared and commercial infant cereals in a district of KwaZulu-Natal, South Africa (S R) Ms Tumelo Molefe, University of South Africa (South Africa)	Omega-3 long-chain polyunsaturated fatty acid supplementation increase pro-resolving plasma lipid mediators in South African women living with overweight or obesity (S R) Ms Chere Le Hanie, North-West University (South Africa)	Adherence to renal dietary guidelines among chronic kidney disease patients on hemodialysis at a tertiary hospital, Limpopo Province, South Africa (S R) Ms Glenrose Manale, University of Limpopo (South Africa)
11:45 - 12:00	Equity on the plate: Factors influencing vegetable provision and menu dietary diversity in South African early childhood development centres (S R) Ms Sanchia Prinsloo, Stellenbosch University (South Africa)	Effects of adjunct omega-3 long chain polyunsaturated fatty acids in pulmonary tuberculosis patients: A study protocol (I E) Ms Zoleka Zuma, North-West University (South Africa)	The prevalence of malnutrition in infants and children with chronic kidney disease (CKD) in the Dora Ngiza Hospital outpatient clinic (S R) Ms Siyanda Ngcelwana, Nelson Mandela University (South Africa)
12:00 - 12:15	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
12:15 - 13:00	LUNCH BREAK		
SESSION 3	3A: Food and Nutrition in a Changing Society VENUE: BALLROOM CHAIRPERSONS: Dr Laurencia Govender, University of KwaZulu-Natal Ms Janke Draper, Mpumalanga DoH	3B: Nutrition Research for Impact and Innovation VENUE: MARATHON ROOM CHAIRPERSONS: Prof Lize Havemann-Nel, North-West University Dr Malory Jumat, South African Medical Research Council	3C: Leadership and Ethical Practice in Nutrition VENUE: BOUNDARY ROOM CHAIRPERSONS: Ms Ditope Rabodiba, University of Limpopo Ms Carla Gerrits, Private practicing dietitian
13:00 - 13:15	Assessment of the nutritional composition of home-prepared complementary foods in selected rural and urban communities of KwaZulu-Natal (S R) Ms Hlengiwe Sokhela, University of KwaZulu-Natal (South Africa)	Gaps in workplace breastfeeding support research in low- and middle-income countries: A scoping review (2016–2025) (S R) Dr Catherine Pereira-Kotze, South African Medical Research Council (South Africa)	Leading with integrity: Governance reform and ethical leadership in the Association for Dietetics in South Africa (I E) Ms Maria Van Der Merwe, ADSA (South Africa)
13:15 - 13:30	South African adolescents' perceptions of healthy and unhealthy foods and determinants of their food choices within the school food environment (S R) Ms Alice Khan, University of the Western Cape (South Africa)	Nutritional status and household food security of pregnant women: Insights from the NuEMI study (S R) Prof Corinna Walsh, University of the Free State (South Africa)	Care2Care: Building mental wellness capacity among dietitians and other healthcare professionals in South Africa (I E) Ms Maria Van Der Merwe, ADSA (South Africa)
13:30 - 13:45	Exploring the association between the digital food environment and consumers' relationship with food in young adult South Africans (S R) Ms Thando Mlambo, University of South Africa (South Africa)	Accuracy estimation of digital photographs for length measurements in infants and young children (S R) Ms Barbara Luyt, Stellenbosch University (South Africa)	Two years of ADSA Learn: Reach, engagement, and emerging trends in digital professional learning in nutrition and allied health (I E) Ms Debby Gates, University of Cape Town (South Africa)
13:45 - 14:00	— Presentation details to be confirmed	Anthropometric status and feeding practices of HIV exposed and unexposed preterm infants admitted to the largest regional hospital in Botswana (S R) Ms Tshepo Makete, Botswana Defence Force (Botswana)	Mapping the factors influencing food-drug interaction consultation: Implications for professional boundaries and scope of practice in nutrition care (S R) Ms Natascha Olivier, Stellenbosch University (South Africa)
14:00 - 14:15	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
14:15 - 14:45	TEA COFFEE BREAK		

SESSION 4	4A: Food and Nutrition in a Changing Society VENUE: BALLROOM CHAIRPERSONS: Prof Janetta Harbron, University of Cape Town Dr Beaula Mutonhodza, University of Kwa-Zulu Natal	4B: Sustainable Nutrition VENUE: MARATHON ROOM CHAIRPERSONS: Prof Hettie Schönfeldt, University of Pretoria Ms Debby Gates, University of Cape Town	4C: Leadership and Ethical Practice in Nutrition VENUE: BOUNDARY ROOM CHAIRPERSONS: Prof Evette Van Niekerk, Stellenbosch University Dr Catherine Pereira-Kotze, South African Medical Research Council
14:45 - 15:00	Scenario-based costing analysis of exclusive breastfeeding for South African mothers: A Protocol (S R) Ms Leonore Kotze, North-West University (South Africa)	Qhamuka for the first 1000 days: Community health worker leadership and innovation in addressing child stunting in South Africa (I E) Mr Ranganai Makiwa, Grow Great (South Africa)	Trends in migration patterns of South African dietetics and human nutrition graduates: A retrospective study (2001–2024) (S R) Dr Bongekile Mabaso, University of KwaZulu-Natal (South Africa)
15:00 - 15:15	Development and testing of a protocol on preterm infant management at District Level Hospitals in the Eastern Cape, South Africa (I E) Ms Stacey-Leigh Pullen, Nelson Mandela University (South Africa)	Leveraging indigenous and traditional crops for complementary food fortification: Insights from healthcare workers in Rural Manguzi, KwaZulu-Natal (S R) Ms Thandeka Mlungwana, University of KwaZulu-Natal / Department of Health (South Africa)	Bridging the language gap in nutrition care: Development of bilingual isiZulu-English resources for dietetics and human nutrition education (S R) Dr Bongekile Mabaso, University of KwaZulu-Natal (South Africa)
15:15 - 15:30	Early infant feeding practices, intestinal permeability and risk of stunting at two years in a South African birth cohort (S R) Dr Tjale Cloupas Mahopo, University of Venda (South Africa)	Promoting sustainable dietary practices through the implementation of the South African Food Boost University Challenge (SAFBUC) (I E) Ms Sanrika Sahadeo, Durban University of Technology (South Africa)	The drivers and strategies of workforce upskilling in dietetics and nutrition sciences (S R) Ms Ronel Beukes, Stellenbosch University (South Africa)
15:45 - 16:00	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
SESSION 5	5A: Nutrition in Disease Prevention and Management VENUE: BALLROOM CHAIRPERSONS: Prof Kirthee Pillay, University of KwaZulu-Natal Ms Faith Masala, National Department of Health	5B: Sustainable Nutrition VENUE: MARATHON ROOM CHAIRPERSONS: Prof Michelle Morris, University of Leeds Ms Bakang Masinga, North-West University	5C: Nutrition Research for Impact and Innovation VENUE: BOUNDARY ROOM CHAIRPERSONS: Ms Leanne Kiezer, Danone Southern Africa Dr Sanja Nel, University of Pretoria
16:05 - 16:20	Obesity, food addiction, disordered eating, and mental health: Prevalence and associations among university students in Pietermaritzburg, South Africa (S R) Dr Blessing Mkhwanazi, University of KwaZulu-Natal (South Africa)	— Presentation details to be confirmed	Early pregnancy BMI and MUAC as predictors of placental insufficiency in South African women (S R) Ms Suanné Nolte, University of Pretoria (South Africa)
16:20 - 16:35	Benchmarking nutrition policies in South Africa: Lessons from the CO-CREATE project (I E) Prof Janetta Harbron, University of Cape Town (South Africa)	— Presentation details to be confirmed	Early bites for better nutrition: Intervention to increase vegetable intake in South African early childhood development centres (S R) Ms Sanchia Prinsloo, Stellenbosch University (South Africa)
16:35 - 16:50	A youth-led participatory action research approach to generate policy ideas for obesity prevention (S R) Prof Janetta Harbron, University of Cape Town (South Africa)	— Presentation details to be confirmed	Effect of a multi-grain legume-based cereal on growth in young children: Preliminary Findings from the StartWell and Grow Study (S R) Prof Tertia van Zyl, North-West University (South Africa)
16:50 - 17:05	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
17:15 - 18:15	Nutrition Society of South Africa (NSSA) - BGM		

DAY 2 Thursday, 8 October 2026				
07:00	Registration Opens			
EARLY MORNING NETWORKING SESSION: Brewing Connections The African Nutrition Leadership Programme (ANLP)				
07:15 -08:15	BREWING CONNECTIONS: - Prof Christine Taljaard-Krugell, Dr Inarie Jacobs, Dr Bianca van der Westhuizen and Prof Robin Dolman-Macleod			
SESSION 6: Keynote Speaker VENUE: BALLROOM CHAIRPERSONS: Ms Carla Gerrys, Private practicing dietitian (South Africa)				
08:30 - 09:15	KEYNOTE SPEAKER From Assessment to Outcomes: NCPT Advancing Nutrition and Creating Impact - Dr Angela Vivanti - Research and Development Dietitian, Princess Alexandra Hospital (Australia)			
SESSION 7	7A: Nutrition in Disease Prevention and Management VENUE: BALLROOM CHAIRPERSONS: Ms Ermi Spies, University of the Free State Dr Blessing Mkhwanazi, University of KwaZulu-Natal	7B: Nutrition Research for Impact and Innovation VENUE: MARATHON ROOM CHAIRPERSONS: Prof Corinna Walsh, University of the Free State Prof Tertia van Zyl, North-West University	7C: Food and Nutrition Technologies VENUE: BOUNDARY ROOM CHAIRPERSONS: Prof Louise van den Berg, University of Pretoria Dr Nelene Koen, Stellenbosch University	7D: SAAFOST VENUE: Details to be confirmed CHAIRPERSONS: Details to be confirmed
	Comparison between two pregnancy-related dietary scores among pregnant women attending antenatal care in Atteridgeville, Tshwane (S R) Ms Rodrey Mafodi, University of Pretoria (South Africa)	A delphi-based validation of consumer food labelling lessons for South African consumers (I E) Ms Shakun Naicker, Durban University of Technology (South Africa)	Developing DI-FoodLink: An API to link DIASA, a Dietary Intake Assessment Application to FoodFinder, a Dietary Intake Analysis Program (I E) Dr Averalda van Graan, SAMRC (South Africa)	— Presentation details to be confirmed —
09:20 - 09:35				
09:35 - 09:50	Association between maternal iron status and diet quality measures among pregnant women in Tshwane, South Africa (S R) Ms Chido Zambuko, University of Pretoria (South Africa)	The Nutrition Knowledge-Behaviour Gap: Fast-food consumption among adults in Johannesburg (S R) Ms Nokukhanya Ncamane, University of Johannesburg (South Africa)	From the science of nutrient profiling to digital innovation: The development of NutriRank in South Africa (S R) Dr Mariaan Wicks, North-West University (South Africa)	
09:50 - 10:05	The revised 2026 Integrated Prevention and Management of Malnutrition (IPMM) guideline (I E) Ms Zandile Kubeka, National Department of Health (South Africa)	Advancing South Africa's nutritional data infrastructure: Development and validation of the first South African dietary Polyphenol reference database (S R) Dr Malory Jumat, South African Medical Research Council (South Africa)	Updating recipe calculations: Advancing the South African food composition database through improved ingredient data (I E) Ms Joelaine Chetty SAMRC Biostatistics/SAFOODS (South Africa)	
10:05 - 10:20	Meeting the benchmark? South Africa's R.214 sodium regulation compared with WHO global targets (S R) Ms Odette Roux, Centre of excellence for Nutrition - North-West University (South Africa)	Nutrition-sensitive agriculture and child nutrition outcomes: A comparative study of intervention and non-intervention districts in Malawi (S R) Ms Noella Semu, University of Pretoria (Malawi)	Monitoring digital food retail: A pilot application of the INFORMAS online grocery protocol in South Africa (S R) Dr Bianca Van Der Westhuizen, University of South Africa (South Africa)	
10:20 - 10:35	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A	
10:35 - 11:05	TEA COFFEE BREAK			
SESSION 8	8A: Food and Nutrition Technologies VENUE: BALLROOM CHAIRPERSONS: Dr Mariaan Wicks, North-West University Dr Angela Vivanti, University of Queensland	8B: Nutrition in Disease Prevention and Management VENUE: BOUNDARY ROOM CHAIRPERSONS: Dr Marieke Theron, South African Medical Research Council Mr Reon van Aardt, ADSA	8C: SAAFOST VENUE: Details to be confirmed CHAIRPERSONS: Details to be confirmed	
	Likes, follows and food choices: Social media healthy-eating content and diet quality in South African adults (S R) Dr Bianca Van Der Westhuizen, University of South Africa (South Africa)	Fenton 2013 and 2025 growth charts in South Africa: Real-world differences and their practical implications (S R) Dr Sanja Nel, University of Pretoria (South Africa)		
11:10 - 11:25				

11:25 - 11:40	Dairy snacks or yoghurt alternatives? Nutritional insights into dairy snacks marketed to children in South Africa (S R) Dr Beulah Pretorius, University of Pretoria (South Africa)		Food intake and anthropometric nutritional status of children with autism spectrum disorders in Durban, South Africa (S R) Dr Jane Muchiri, University of Pretoria (South Africa)		— Presentation details to be confirmed —
11:40 - 11:55	mHealth for community-based growth monitoring and promotion: Three case studies from South African settings (S R) Ms Helen Donkin, Independent (South Africa)		Reliability and comparative validity of the IRONIC-FFQ adapted for the South African context among nutrition students (S R) Ms Janettha Botha, University of Pretoria (South Africa)		
11:55 - 12:10	15 MIN Q&A		15 MIN Q&A		
12:10 - 13:10	LUNCH BREAK				
SESSION 9	9A: Nutrition in Disease Prevention and Management VENUE: BALLROOM CHAIRPERSONS: Ms Elske Rich, ADSA Ms Hlengiwe Sokhela, University of KwaZulu-Natal	9B: Nutrition Research for Impact and Innovation VENUE: MARATHON ROOM CHAIRPERSONS: Dr Bianca Van Der Westhuizen, University of South Africa Prof Ashika Naicker, Durban University of Technology	9C: Food and Nutrition Technologies VENUE: BOUNDARY ROOM CHAIRPERSONS: Prof Salome Kruger, North-West University Dr Averalda van Graan, South African Medical Research Council	9D: Food and Nutrition in a Changing Society VENUE: Details to be confirmed CHAIRPERSONS: Ms Zandile Kubeka, National Department of Health Dr Christine Taljaard-Krugell, North-West University	
13:15 - 13:30	Infant anaemia and haemoglobin levels in high HIV-prevalent settings: Findings from the Siyakhula study, South Africa (S R) Dr Phumudzo Tshiambara, University of Pretoria (South Africa)	Omega-3 LCPUFA supplementation did not reduce inflammation to improve iron absorption in South African women living with overweight or obesity (S R) Dr Mary Uyoga, North-West University (South Africa)	Impact of maturity and drying on total phenolic content and antioxidant capacity of 'Keitt' mango over two harvest seasons (S R) Ms Taylor Carnie, Stellenbosch University (South Africa)	Online grocery shopping and nutrition labelling in South Africa: An analysis of digital platforms (S R) Dr Nelene Koen, Stellenbosch University (South Africa)	
13:30 - 13:45	Gut integrity and iron absorption in young South African women living with obesity and supplemented with omega-3 fatty acids (S R) Ms Pauline Tsikayi, North-West University (South Africa)	Three decades of the South African National School Nutrition Programme (NSNP): A scoping review of evidence (S R) Ms Mafanato Maluleka, University of KwaZulu-Natal (South Africa)	Development and nutritional evaluation of value-added noodles incorporating black wheat (Triticum aestivum L.) (S R) Dr Imana Pal, Upes (India)	Unveiling social, cultural and information gaps in nutrition knowledge of local community-produced online food products (S R) Dr Rukudzo Pamacheche, University of South Africa (South Africa)	
13:45 - 14:00	Implementation of the Food Insulin Index in determining insulin demand in diabetes: Best practice guidelines (S R) Dr Hildegard Strydom, Private (South Africa)	Effects of early childhood stimulation on language and numeracy outcomes among stunted school-going children in Mangochi district, Malawi (S R) Mr Chifundol Manong'a, Lilongwe University of Agriculture and Natural Resources (Malawi)	Proximate composition and sensory attributes of complementary food from oat, soybean, carrot and date fruit blends (I E) Dr Chidinma Okosun, Ambrose Alli University (Nigeria)	Health consciousness drives awareness and consumption of milk kefir as a probiotic food source (S R) Ms Jacoba Nothnagel, University of South Africa (South Africa)	
14:00 - 14:15	Nutritional profile of patients with severe dysphagia with feeding tubes at a tertiary hospital in central South Africa (S R) Ms Angelique Carson-Porter, University of the Free State (South Africa)	Mopane worm fortified porridge: Assessing palatability and acceptance among school-aged children in Zimbabwe (S R) Ms Sipwe Dzvukamanja, University of Zimbabwe (Zimbabwe)	— Presentation details to be confirmed		— Presentation details to be confirmed
14:15 - 14:30	15 MIN Q&A		15 MIN Q&A		15 MIN Q&A
14:45 - 15:15	TEA COFFEE BREAK				
SESSION 10	10A: SYMPOSIUM: - Food Allergies: Evidence-Based Practice		10B: SYMPOSIUM: - Strengthening Maternal and Child Nutrition in South Africa: Evidence, Systems and Implementation Learning		10C: SYMPOSIUM: - Speaking Qualitatively: Methodology, methods and analysis to benefit nutrition research
15:20 - 16:05	FACILITATORS SPEAKERS: - Dr Marinda McDonald and Ms Lindsay Archibald Durham, Allergy Foundation of South Africa (South Africa)		FACILITATORS SPEAKERS: - Ms Lizeel Engelbrecht and Ms Lisa Mills, DG Murray Trust (South Africa)		FACILITATORS SPEAKERS: - Prof Elizabeth Kempen, Dr Mariette Strydom and Dr Rukudzo Pamacheche, University of South Africa - Prof Sune Donoghue, University of Pretoria - Prof Rina Swart, University of the Western Cape (South Africa)
16:10 - 17:00	Association for Dietetics in South Africa (ADSA) - BGM				
18:45 for 19:00 - 22:00	GALA DINNER				

DAY 3 Friday, 9 October 2026				
EARLY MORNING SESSION: Beyond Degrees: Nourishing Leadership in Public Health Nutrition Careers The African Nutrition Leadership Programme (ANLP)				
07:00 - 08:00	BEYOND DEGREES: NOURISHING LEADERSHIP IN PUBLIC HEALTH NUTRITION CAREERS - Prof Christine Taljaard-Krugell, Dr Cornelia Conradie, Prof Robin Dolman-Macleod and Prof Johann Jerling			
SESSION 11	VENUE: Details to be confirmed CHAIRPERSON: Dr Elize Symington, University of South Africa (South Africa)		08:30 - 12:30	11B: PRIVATE PRACTICE DIETITIAN WORKSHOP VENUE: Details to be confirmed CHAIRPERSON: Details to be confirmed
08:15 - 08:45	What must I teach my patient about food labels? - Ms Gaby Jackson and Ms Roxanne Gieske, Food & Allergy Consulting & Testing Services (South Africa)			The foundations of Private Practice — Ms Carla Gerrys, Petri Fourie Dietitians
08:45 - 09:15	NSSA Esté Vorster Memorial Lecture			Cracking the Benefits Code — Dr Lauren Hill, Critical Point Nutrition Consultancy
09:45 - 10:15	Introduction of the new dietetics and nutrition board of the HPCSA Prof Evette van Niekerk, Chairperson of the Professional Board & Colleagues, Health Professions Council of South Africa (HPCSA) (South Africa)			Work smarter, not harder: Using resources, systems and technology to thrive in private practice — Ms Nicola Mostert,4Life Living Dietitians Just4Dietitians
10:15 - 10:45	TEA COFFEE BREAK VENUE: Details to be Confirmed			Beyond 1-1 consults: Other avenues of work — Ms Mbali Mapholi, MiNutrition ZA — Ms Azi Booï, Health with Azi- Registered Dietitians
SESSION 12 - PANEL DISCUSSION VENUE: Details to be confirmed CHAIRPERSON: Ms Maria van der Merwe, ADSA (South Africa)				The Group Effect: Creating change beyond the consultation room — Ms Sabeeha Adroos, Midstream Hill Dietitians — Ms Carla Gerrys, Petri Fourie Dietitians
10:45 - 11:30	Exploring the current state as well as future of the profession — Prof Evette van Niekerk, Health Professions Council of South Africa (HPCSA) — Ms Rebone Ntsie, Department of Health (DoH) — Prof Robin Dolman-Macleod, North-West University (NWU)			
SESSION 13 - ETHICS SESSION VENUE: Details to be confirmed				
11:30 - 12:15	Our nutrition, our rights – Nutrition advocacy for food justice - Ms Angelika Grimbeek, Healthy Living Alliance (South Africa)			
12:15 - 12:30	Q & A			Q & A
12:30 - 12:45	CONGRESS CLOSURE & AWARDS			

	WORKSHOPS 13:00-16:15
VENUE: Details to be confirmed	The Nutrition Care Process (NCP) and Terminology (NCPT): Practical application - Prof Renée Blaauw, Stellenbosch University (South Africa) & Dr Angela Vivanti, University of Queensland (Australia)
VENUE: Details to be confirmed	First food systems, facts, and fairness: Managing conflicts of interest - Prof Lisanne du Plessis, Stellenbosch University, Ms Jane Badham, JB Consultancy, Dr Catherine Pereira-Kotze & Prof Tanya Doherty, South African Medical Research Council (South Africa)
VENUE: Details to be confirmed	Scaling youth engagement for healthy and sustainable diets: Lessons and opportunities from the Food Boost Challenge Approach - Dr Machteld van Lieshout and Ms Wendy Scholtes-Bos, The Hague University of Applied Sciences (The Netherlands), Ms Sanrika Sahadeo & Prof Ashika Naicker, Durban University of Technology (South Africa)
VENUE: Details to be confirmed	Indigenous foods tasting with paired beverages - Ms Jandri Barnard, University of KwaZulu-Natal, Dr Annette van Onselen, University of South Africa & Ms Odette Roux (South Africa)
	MASTER CLASS 13:00-16:15
VENUE: Details to be confirmed	Performance nutrition in 2026: Leading trends and updates in sport nutrition - Prof Lize Havemann-Nel, Prof Arista Nienaber, North-West University & Ms Nicki De Villiers, University of Pretoria (South Africa)

	POSTER PRESENTATIONS
	1. FOOD AND NUTRITION IN A CHANGING SOCIETY
1	Authentication of wildlife meat and meat product labelling from selected commercial wildlife outlets in Durban, KwaZulu-Natal province of South Africa — Ms Andiswa Lushaba, University of KwaZulu-Natal (South Africa) (S R)
2	Breastfeeding as a foundation for infant food security: Strengthening first food systems and addressing food inequalities — Dr Bongekile Mabaso, University of KwaZulu-Natal (South Africa) (I E)
3	Consumer investigation of peanuts in South Africa’s formal and informal markets — Dr Carmen Muller, University of Pretoria (South Africa) (S R)
4	Health benefits of incorporating indigenous foods into an urbanized diet — Ms Jandri Barnard, University of KwaZulu-Natal (South Africa) (I E)
5	Household dietary diversity and nutritional status of pre-school children in peri-urban and rural Free State, South Africa — Ms Angelique Carson-Porter, University of the Free State (South Africa) (S R)
6	Menu availability, nutrient composition, and dietary diversity in the registered early childhood centres in rural areas of Limpopo Province — Prof Lindelani Fhumudzani Mushaphi, University of Venda (South Africa) (I E)
7	Nutrition education in the South African school curriculum: A review of the literature — Ms Marlise Bester, University of South Africa (South Africa) (I E)
8	Nutrition labelling on a selection of ultra-processed foods in South Africa — Dr Nelene Koen, Stellenbosch University (South Africa) (I E)
9	Optimal consumption of traditional green leafy vegetables among young children aged 2–6 years in South Africa: A scoping review — Mr Nkululeko Semenekane, University of Pretoria (South Africa) (S R)
10	Relationships among unhealthy feeding practices, recommended feeding practices among 6-23-months old children in Malawi — Ms Maria Phoka, Lilongwe University of Agriculture and Natural Resources (Malawi) (S R)
11	Responsive feeding in South Africa’s nutrition transition: a socio-ecological strategy for early childhood obesity prevention — Ms Natascha Olivier, Stellenbosch University (South Africa) (I E)
12	Ultrasound-assisted soaking effects on phytonutrient content, antioxidant properties, and antinutrients (Trypsin Inhibitors) in Finger Millet Eleusine coracana (L.) Gaertn.) Seeds — Ms Imani Ravhudzulo, Tshwane University of Technology (South Africa) (S R)
	2. SUSTAINABLE NUTRITION
13	Exploring the role of invasive redclaw crayfish (Cherax quadricarinatus) in Zambia’s nutrition-sensitive agrifood policies — Ms Thandie Hamaimbo, University of Pretoria (South Africa) (S R)
14	Increasing intake of bioavailable dietary sources of zinc and iron through nutrition education and promotion of sustainable chicken production: A pre-post quasi-experiment — Ms Lydia Pakira, Malawi Government (Malawi) (S R)
15	Bridging the Gap: Health Professionals’ Knowledge of Dietary Guidelines (SAFBDG) and Food Fortification in Limpopo, South Africa — Ms Faith Masala, National Department of Health (South Africa) (I E)
	3. NUTRITION RESEARCH FOR IMPACT AND INNOVATION
16	Assessing selected complementary feeding practices using two behaviour change tools among mothers of infants 6-23 months in Ibadan, Nigeria — Ms Abolade Fabunmi, University of Ibadan (Nigeria) (S R)
17	Evaluating the consumer’s use and application of microgreens in Newcastle, KwaZulu-Natal, South Africa — Dr Annette Van Onselen, University of South Africa (South Africa) (S R)
18	Folic acid in South Africa’s antenatal care: Too much, too late? — Dr Marita Serfontein, University of South Africa (South Africa) (S R)
19	Food consumption and dietary diversity of adults living in Gauteng, KwaZulu-Natal, and Eastern and Western Cape provinces of South Africa — Prof Hettie Schönfeldt, University of Pretoria (South Africa) (S R)
20	Growth monitoring and promotion programme: Mothers experience and perceived barriers in Vhembe District, South Africa — Dr Tshifhiwa Cynthia Mandiwana, University of Venda (South Africa) (I E)
21	Evaluating the nutrient adequacy of menus provided to children in ECD centres in JB Marks municipality — Ms Bonolo Mangoenyane, North-West University (South Africa) (S R)
22	Nutraceutical and supplement-based interventions for Metabolic Syndrome: Evidence from recent randomized controlled trials — Ms Velashka Naidoo, University of Zululand (South Africa) (S R)
23	Nutrition education programmes in pregnant women: results from a scoping review — Ms Janke Draper, University of the Free State (South Africa) (S R)
24	Perceptions and experiences of practitioners regarding menu implementation in early childhood development care centers in the Polokwane Municipality, Limpopo Province — Mr Gerald Mokubela, University of Limpopo (South Africa) (S R)
25	SAFOODS Food Data Cleaning and Coding Services: A Pilot Study on the use of food composition data beyond traditional applications — Dr Averalda van Graan, SAMRC (South Africa) (I E)
26	Smartphone-based assessment of FAFH consumption and NCD risk in urban India and South Africa — Mr Swapnil Godbharle, University of Johannesburg (South Africa) (S R)
27	Socio-demographic factors associated with infant feeding practices of mothers or caregivers in Mangaung, Free State — Dr Marizeth Jordaan, University of the Free State (South Africa) (S R)
28	Sulforaphane preserves redox homeostasis in palmitate-induced skeletal muscle cells — Ms Ayanda Ngcobo, University of Zululand (South Africa) (S R)
29	The association between maternal complementary feeding KAP and infant anthropometric status in Kawangware, Nairobi County — Ms Eunice Njoroge, Aga Khan University (Kenya) (S R)
	4. FOOD AND NUTRITION TECHNOLOGIES
30	Biochemical and microbial quality of instant maize porridge fortified with Moringa oleifera leaves and termite powders — Prof Cebisa Nesamvuni, University of Venda (South Africa) (S R)
31	Exploring fingerprinting techniques to survey the quality spontaneously fermented southern African traditional products — Dr Lethiwe Mbuyane, University of South Africa (South Africa) (S R)
32	Metabolites and nutrient composition of indigenous okra (Abelmoschus Esculentus) pods and leaves — Ms Sedzani Tshidzumba, University of Venda (South Africa) (S R)
33	Nutritional quality and caregiver acceptability of a peanut and milk-free plant-based ready-to-use therapeutic food — Prof Cebisa Nesamvuni, University of Venda (South Africa) (S R)

34	Reformulating chocolate biscuits with finger millet to improve nutritional composition and consumer acceptability — Ms Julia Stewart, University of KwaZulu-Natal (South Africa) (S R)
35	Rising diabetes and nutrition transition in South Africa: Exploring millet-based solutions through a multimethod study — Ms Devishree Dunna, University of Johannesburg (South Africa) (S R)
36	The impact of honey on the quality of amasi and mahewu during storage — Dr Lethiwe Mbuyane, University of South Africa (South Africa) (S R)
5 NUTRITION IN DISEASE PREVENTION AND MANAGEMENT	
37	Acceptance, availability and accessibility of reformulated sugar-sweetened beverages in Pietermaritzburg, KwaZulu-Natal, South Africa — Ms Nikita Baijnath, University of KwaZulu-Natal (South Africa) (S R)
38	Adherence to hospital discharge criteria and relapse rates in children with Severe Acute Malnutrition — Prof Evette Van Niekerk, Stellenbosch University (South Africa) (S R)
39	Biomarkers on environmental enteric dysfunction and growth status of infants aged 3-9 months in Thulamela Municipality, Limpopo province, South Africa — Ms Zwivhuya Patience Mudau, University of Venda (South Africa) (I E)
40	Exploring the utility of calf circumference as an anthropometric indicator of nutrition status in pregnancy — Dr Sanja Nel, University of Pretoria (South Africa) (S R)
41	Food safety hazards and health outcomes in Tshwane South District: A learner-centred assessment of the NSNP environment — Prof Cebisa Nesamvuni, University of Venda and Ms Mavis Ranwedzi, National Department of Basic Education (South Africa) (S R)
42	Healthcare users' knowledge, attitudes and dietary practices of the South African food-based dietary guidelines in Gauteng Province — Ms Raisibe Precious Dimo, University of Pretoria (South Africa) (S R)
43	Human milk feeding and kangaroo mother care in very low birth weight infants: Evidence from a Johannesburg neonatal unit — Ms Nokuthula Rebecca Mabena, Rahima Moosa Mother and Child Hospital (South Africa) (S R)
44	Knowledge and practices of healthcare providers in South Africa regarding Polycystic Ovarian Syndrome (PCOS) — Mx Ermi Spies and Ms Raffaella Braga, University of the Free State (South Africa) (S R)
45	Postpartum fibre-sugar balance and glycaemic control among South African women with previous gestational diabetes: Insights from IINDIAGO randomized controlled trial — Ms Debby Gates, University of Cape Town, Association for Dietetics in South Africa (South Africa) (S R)
46	Understanding, response and support regarding the health promotion levy among urban consumers employed at schools in Pietermaritzburg, KwaZulu-Natal, South Africa — Ms Nikita Baijnath, University of KwaZulu-Natal (South Africa) (S R)
47	Vitamin B12 status and dietary intake of patients with type 2 Diabetes receiving Metformin in Thulamela Municipality — Dr Selekane Ananias Motadi, University of Venda (South Africa) (S R)
6 LEADERSHIP AND ETHICAL PRACTICE IN NUTRITION	
48	The role of the dietitian in the implementation of a NTP Policy at PHC Settings in Cape Metropole District, SA — Ms Vuyani Hobyani, Department of Health Government (South Africa) (I E)