

2026 Nutrition Congress

MASTER CLASS ● Friday, 9 October 2026 | 13h00 – 16h15



● Performance Nutrition in 2026: Leading trends and updates in sport nutrition

- **Organizer/s:** Prof Lize Havemann-Nel, North-West University (South Africa)
- **Target Audience:** Registered Dietitians/Nutritionists and other healthcare professionals or industry stakeholders working with active individuals/athletes and/or with an interest in sport and performance nutrition
- **Participant Limit:** Minimum – 20

PROGRAMME CHAIRS & PRESENTERS:

- Prof Lize Havemann-Nel, North-West University (South Africa)
- Mrs Nicki De Villiers, University of Pretoria (South Africa)
- Prof Arista Nienaber, North-West University (South Africa)

PROGRAMME LAYOUT:

13h00 – 13h10	Welcome, introduction and overview of session
13h10 – 13h45	Introduction and broad overview of performance nutrition - Why is nutrition important for physical activity and performance - Key nutritional considerations to sustain a physical active lifestyle and optimise performance
13h45 – 14h30	Personalised and precision nutrition - AI-driven and tech-enabled data driven nutrition
14h30 – 15h00	The gut matters: How to optimise gut health as a performance lever - Nutritional strategies aimed to improve gut health (linked to immunity, recovery and reduced inflammation)
15h00 – 15h15	Tea break
15h15 – 16h00	The protein punch – more than just basic nutrition - Quality, timing and source diversity – considerations for optimal performance and sustainability.
16h00 – 16h15	Questions