

2024 Nutrition Congress | SYMPOSIUM:

Food Science & Technology: Are healthy and nutritious food products on the cards?

SAAFoST Symposium at the NSSA Congress

The symposium will consist of two parts. During the first hour, representatives from food companies will present examples of how Food Science & Technology is used to enable the manufacture of healthy and nutritious food products:

Brett Roosendaal (Nutrition Executive, RCL Foods) will dive into **“What’s in your chicken?” An update on antibiotics, hormones, GMOs and more.**

Karabo Monageng (Product Portfolio Manager) and **Duduzile Mthuli** (Nutrition and Health Manager), both from Unilever, will explore **Food Technology: enabler of healthier products** with examples of some of the in-market successes across various markets where company products were made healthier through fortification and reduced sodium.

During the second hour, a **panel discussion** with all the speakers and the Presidents of SAAFoST (Prof Riëtte de Kock, University of Pretoria) and ADSA (Ms Maria van der Merwe) and moderated by Dr Nokuthula Vilakazi (Durban University of Technology). The panel will deliberate on the following topics with *interactive participation* from the audience.

Healthy vs Unhealthy Foods: If the professionals are confused, what about consumers?

The food industry is under constant attack and suspected of evil intent: is the criticism justified?

Who should fund health research in South Africa?

How can Food Science & Technology be used in shifting the needle to improve the health and well-being of the population?