

2024 NUTRITION CONGRESS | SCIENTIFIC PROGRAMME

2 - 4 October 2024 | Southern Sun Elangeni Hotel | Durban | KwaZulu-Natal | South Africa



DAY 1 | Wednesday, 2 October 2024

07h00	Registration Opens			
CONGRESS OPENING & WELCOME SESSION				
VENUE: Suites 1-5 CHAIRPERSONS: Ms Maria van der Merwe, Congress Chairperson ADSA President and Dr Elize Symington NSSA President				
08h30 - 08h50	Congress Welcome and Opening by Ms Maria van der Merwe, Congress Chairperson ADSA President and Dr Elize Symington NSSA President			
08h50 - 09h35	KEYNOTE SPEAKER: Diet modification of the gut microbiome to manage gut disorders (and beyond!) Prof Kevin Whelan, King's College London (United Kingdom)			
PARALLEL SESSION 1	1A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Prof Wilna Oldewage-Theron, Texas Tech University / University of the Free State Ms Phumeza Mkhontwana, Health Professions Council of South Africa	1B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Hema Kesa, University of Johannesburg Dr Beulah Pretorius, University of Pretoria	1C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Dr Evonne Singh, Durban University of Technology Dr Liska Robb, University of the Free State	
	09h40 - 09h55	Impact of the food environment on food choices and nutrition transition in Breedevalley Municipality, Western Cape Prof Xikombiso Mbhenyane, Stellenbosch University (South Africa)	Defining dairy matrix and dairy matrix health effects: results of an expert meeting Dr Stephan Peters, Dutch Dairy Association (NZO) (Netherlands)	Early nutrition and in-utero teratogen programming effects of later life health outcomes: prospective study Dr Juley de Smidt, University of the Western Cape (South Africa)
09h55 - 10h10	Urban food environments and women's diet quality: a cross-sectional study in Johannesburg Dr Bianca van der Westhuizen, University of South Africa (South Africa)	Market trends and behaviors relating to yoghurt intake in the current economic context in South Africa Ms Leanne Kiezer, Danone Southern Africa (South Africa)	Grandmother's perceptions towards the established breastbanks in a rural area of Limpopo Province, South Africa Ms Mantji Mahlatjie, University of Limpopo (South Africa)	
10h10 - 10h25	Urban consumer's knowledge, and utilisation of indigenous foods in the city of Durban, South Africa Dr Nokuthula Vilakazi, Durban University of Technology (South Africa)	Dairy in the diet of South Africans: a criterion-based evaluation Prof Friede Wenhold, Department Human Nutrition / University of Pretoria (South Africa)	Dietary intake of infants in the complementary feeding phase by maternal HIV status in Gauteng Province, South Africa Dr Phumudzo Tshiamba, University of Pretoria (South Africa)	
10h25 - 10h40	15 MIN Q&A		15 MIN Q&A	
10h40 - 11h10	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 2	2A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Annette van Onselen, University of South Africa Dr Kate Rich, Stellenbosch University / University of the Witwatersrand	2B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Imana Pal, Durban University of Technology Ms Leanne Kiezer, Danone Southern Africa	2C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Prof Lindelani Mushaphi, University of Venda Dr Laurencia Govender, University of KwaZulu-Natal	2D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Prof Lize Havemann-Nel, North-West University Ms Ditope Rabodiba, University of Limpopo
	11h10 - 11h25	Drivers of food choice in 3 urban non-metro communities in South Africa Dr Nazeeia Sayed, University of the Western Cape (South Africa)	The development and consumer acceptance of goat meat burger patties among young adults in KwaZulu-Natal, South Africa Dr Karina Palmer, University of Zululand (South Africa)	First-year weight and length growth trajectories in preterm infants and their relationship to early life exposures and one-year anthropometry Dr Sanja Nel, University of Pretoria (South Africa)
11h25 - 11h40	Food environment influences food choices in Ehlanzeni Municipality, Mpumalanga Province Ms Vhushavhelo Nedzingahe, Stellenbosch University (South Africa)	Intrinsic and extrinsic product cues affecting South African consumers' perceived value of pork meat Prof Annchen Mielmann, North-West University (South Africa)	Weight, length and body composition trajectories up to two years in full term infants with prenatal placental insufficiency Dr Sanja Nel, University of Pretoria (South Africa)	Developing recommendations to improve the existing short salt intake questionnaire for the African-PREDICT study Prof Tertia van Zyl, North-West University (South Africa)
11h40 - 11h55	Socio-demographic determinants of perceived healthfulness, intention to purchase and consumption of selected ultraprocessed products in a lower income country Dr Makoma Bopape, University of Limpopo (South Africa)	Can processed meat be a source of quality nutrients? Dr Beulah Pretorius, University of Pretoria (South Africa)	Anaemia and neurodevelopmental delays in children exposed to maternal HIV infection and placental insufficiency Dr Mothusi Nyofane, University of Pretoria / National University of Lesotho (South Africa / Lesotho)	Characteristics and outcomes of educational and counselling interventions on breastfeeding in early and full-term infants conducted in low-and-middle income countries: a systematic review Ms Debby Gates, 2 Military Hospital (South Africa)
11h55 - 12h10	Sociodemographic factors associated with mixed-feeding practices among a cohort of mothers with infants aged 4 - 14 weeks in Tlokwe subdistrict, North West Province, South Africa Mr Milton Semenekane, University of Pretoria (South Africa)	Development of an orange-fleshed sweet potato (OFSP) yoghurt as a strategy to increase consumption of the OFSP Dr Onwaba Makanjana, Durban University of Technology (South Africa)	Iron status and associations with birth outcomes of pregnant women in urban Free State Province of South Africa Dr Janet Carboo, University of the Free State (South Africa)	Evaluating the effectiveness of the integrated nutrition interventions in Uganda Mr Edgar Agaba, Stellenbosch University (South Africa)
12h10 - 12h25	15 MIN Q&A		15 MIN Q&A	
12h25 - 13h25	LUNCH BREAK VENUE: Great Ilanga			
PARALLEL SESSION 3	3A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Onwaba Makanjana, Durban University of Technology Dr Hlekani Mbhatsani, Health Professions Council of South Africa	3B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Karina Palmer, University of Zululand Dr Mthokozisi Zuma, Agricultural Research Council	3C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Dr Tamryn Frank, University of the Western Cape Ms Janke Draper, ADSA	
	13h25 - 13h40	Assessing the capacity of the built environment to promote healthy food and beverage choices and physical activity at worksites in South Africa Ms Shivneta Singh, Durban University of Technology (South Africa)	Isolation of yam (Discorea spp) starch and its application as a thickener in pudding Mr Kurai Mawoneke, Harare Institute of Technology (Zimbabwe)	Chronotype-specific timing of dietary intake is associated with adiposity Dr Carlien van der Merwe, Centre of Excellence for Nutrition, North-West University (South Africa)
13h40 - 13h55	Dietary practices and analysis of selected nutrients in the LCHF diet in type 2 diabetics Mr Roger Manzini, University of Zululand (South Africa)	Preserving dietary diversity: plant-based indigenous vegetable preservation practices among households in Vhembe, Limpopo Province, South Africa Ms Joelaïne Chetty, South African Medical Research Council (South Africa)	Weight regain following bariatric Roux-en-Y gastric bypass or sleeve gastrectomy in a South African setting Ms Ermi Spies, University of the Free State (South Africa)	
13h55 - 14h10	Optimization modelling to identify sustainable diets for Ghanaian adults living in their country of origin and migrants in Europe Dr Gabriel Kallah-Dagadu, University of KwaZulu-Natal (South Africa)	The effect of lactic acid fermentation on physicochemical parameters and lab survival in different pumpkin leaves accessions (Cucurbita moschata and Cucurbita pepo) and different melons (watermelon, cantaloupe and honeydew) smoothies Ms Pretty Mhlanga, Tshwane University of Technology (South Africa)	The impact of sugar and milk addition on the antioxidant, antidiabetic and anti-obesogenic properties of coffee Mr Almahdi Idris, University of KwaZulu-Natal (South Africa)	
14h10 - 14h25	NCD-profile and dietary diversity of an Umzimyathi District community in KwaZulu-Natal, South Africa Ms Jandri Barnard, University of KwaZulu-Natal (South Africa)	Sensory evaluation of a sorghum and millet based instant breakfast porridge suitable for the National School Nutrition Programme (NSNP) Ms Nqobile Ngcobo, Durban University of Technology (South Africa)	Maternity protection for women and the potential implications for breastfeeding on return to work at a tertiary hospital in the Western Cape Ms Crystal Jacobs, Department of Health (South Africa)	
14h25 - 14h40	15 MIN Q&A		15 MIN Q&A	
14h40 - 15h10	TEA COFFEE BREAK VENUE: Great Ilanga			

PARALLEL SESSION 4	4A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Phumudzo Tshiambara, University of Pretoria Mr Solomon Mabapa, University of Venda	4B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Dr Nazeeia Sayed, University of the Western Cape Dr Ruth Olusanya, University of Zululand	4C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Prof Xolile Mkhize, Mangosuthu University of Technology Ms Marlinie Kotiah, Danone Southern Africa	4D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Dr Averalda van Graan, South African Medical Research Council Dr Mariaan Wicks, North-West University
15h10 - 15h25	Iron and zinc status of children aged 3 to 5 years attending early childhood development centers in Vhembe District, South Africa Mr Selekane Motadi, University of Venda (South Africa)	Associations of maternal diet with fatty acid status during pregnancy: the NuPED study Dr Elize Symington, University of South Africa (South Africa)	HbA1c is comparable to fasting glucose in the external validation of the African Diabetes Risk Score and other established risk prediction models in Black South Africans Ms Nicola Royce, M2bio Sciences (South Africa)	Using predictive analytics techniques to impute missing data in food composition tables Prof Hettie Schönfeldt, University of Pretoria (South Africa)
15h25 - 15h40	Baseline assessment of the South African school food environment: stakeholder perspectives Prof Ashika Naicker, Durban University of Technology (South Africa)	Dietary diversity and its association with anaemia in pregnant women in the Roodepoort area of Johannesburg, Gauteng Dr Elize Symington, University of South Africa (South Africa)	Bridelia tea consumption improves oxidative status in outpatients with type 2 diabetes in Ghana Mr Collins Appiah, University of the Free State (South Africa)	Mitigating the impact of intergenerational risk factors on stunting: insights from the Grow Great Community Stunting Survey Dr Kate Rich, Stellenbosch University / University of the Witwatersrand (South Africa)
15h40 - 15h55		Phytonutrient screening of five commonly consumed indigenous vegetables in Limpopo Province Ms Mmakoma Letsoalo, University of Limpopo (South Africa)		Development and validation of the South African diet quality index for pregnancy (sa-dqi-p): the NuEMI study Dr Liska Robb, University of the Free State (South Africa)
15h55 - 16h10	15 MIN Q&A		15 MIN Q&A	
16h15 - 17h00	Nutrition Society of South Africa (NSSA) - BGM VENUE: Suite 1			
16h30 - 19h00	WELCOME FUNCTION VENUE: Great Ilanga			

DAY 2 Thursday, 3 October 2024				
07h00	Registration Opens			
EARLY MORNING WORKSHOP - Booking Essential VENUE: Suite 5 CHAIRPERSON: Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) South Africa				
07h00 - 08h00	ADSA Mentorship Networking session Ms Carla Gerrys and Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) (South Africa)			
PLENARY SESSION 2: VENUE: Suites 1-5 CHAIRPERSONS: Dr Marieke Theron, South African Medical Research Council and Prof Corinna Walsh, University of the Free State South Africa				
08h15 - 09h00	KEYNOTE SPEAKER: The changing phase of nutrition; what it means for Africa Prof Francis Zotor, Vice President - International Union of Nutritional Sciences University of Health and Allied Sciences (Ghana)			
PARALLEL SESSION 5	5A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Prof Anochen Mielmann, North-West University Dr Janet Carboo, University of the Free State	5B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Prof Xikombiso Mbhenyane, Stellenbosch University Dr Edzani Mphaphuli, Grow Great	5C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Prof Janetta Harbron, University of Cape Town Ms Esmarie van Tonder, Nelson Mandela University	5D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Prof Friede Wenhold, University of Pretoria Ms Carla Gerrys, ADSA
09h05 - 09h20	Exploring the impact of a maternal support grant to improve maternal mental health and household food security amongst pregnant women during the COVID-19 pandemic Ms Anna-Marie Müller, Grow Great (South Africa)	Environmental enteric dysfunction biomarkers in 6 to 9-month-old South African infants associates negatively with growth and are improved by one egg per day for six months Dr Regina Nakiranda, North-West University (South Africa)	Ten strategies for the development, implementation and evaluation of a culturally appropriate type 2 diabetes curriculum Dr Ingrid Richards Adams, The Ohio State University (United States)	Household food insecurity in South Africa from 1999 to 2021: a metrics perspective Prof Louise van den Berg, University of the Free State (South Africa)
09h20 - 09h35	Awareness, knowledge and attitudes of food and nutrition sustainability, and food choice drivers among university students Ms Sanrika Sahadeo, Durban University of Technology (South Africa)	Incidence of COVID-19 infection among infants aged 6 to 9 months from a low socioeconomic community receiving eggs as a complementary food for 6 months Prof Linda Malan, North-West University (South Africa)	Assessment of the knowledge of patients with diabetes mellitus who use isiZulu vs English diabetic food exchange lists Prof Annelie Gresse, Nelson Mandela University (South Africa)	KZN malnutrition and breastfeeding prevalence study 2023: part 1 malnutrition Ms Nireshnee Reddy, KwaZulu-Natal Department of Health (South Africa)
09h35 - 09h50	Surviving food insecurity at institutions of higher learning: an explanatory enquiry Ms Matjhe Rapetsoa, University of Limpopo (South Africa)	Higher iron status at early pregnancy in women receiving routine iron supplementation is associated with more respiratory infectious morbidity and lower response to immunisation in their infants: The NuPED cohort Dr Caylin Goodchild, North-West University (South Africa)	The efficacy of a diabetes self-management education programme on the health literacy of T2DM patients from a first-level hospital Lusaka, Zambia Ms Ronel Beukes, Stellenbosch University (South Africa)	The identification and management of refeeding syndrome in inpatient severely acutely malnourished children aged 6 to 59 months in Sub-Saharan African countries: a systematic review Ms Tshgefotaso Mogase, Sefako Makgatho Health Sciences University (South Africa)
09h50 - 10h05	Factors that affect exclusive breastfeeding practices in the Ugu District Municipality, KwaZulu-Natal in 2021 Ms Jenusha Balmith-Rampersad, KZN Department of Health (South Africa)	Strategic communication for interventions in malnutrition prevention and management Ms Lizeel Engelbrecht, DG Murray Trust (South Africa)	Empowering health through nutrition: perspectives of type 2 diabetes patients in Dunoan Dr Georgina Pujol-Busquets Guillén, The Noakes Foundation (South Africa)	Measuring stunting and tracking trends in prevalence: why it is difficult and how we can do it better in South Africa Dr Kate Rich, Stellenbosch University (South Africa)
10h05 - 10h20	Harnessing Artificial Intelligence (AI) and Digital Technologies for Sustainable Nutrition Ms Kitso Marake, Sol Plaatje University (South Africa)	Malnutrition relapse is a concern in children aged 6-59 months in rural North West Province, South Africa Prof Lize Havemann-Nel, North-West University (South Africa)	The dietician's role in the pre-operative workup for patients undergoing laparoscopic surgery of the upper GIT Ms Mico Price, Midline Dieticians (South Africa)	Understanding and applying gene-environment interactions: a guide for nutrition professionals with an emphasis on integration in African research settings Prof Cornelia Nienaber-Rousseau, North-West University (South Africa)
10h20 - 10h35	15 MIN Q&A		15 MIN Q&A	
10h35 - 11h00	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 6	6A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Lucia Meko, University of the Free State Ms Duduzile Mthuli, Unilever SA	6B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Ms Nireshnee Reddy, KZN Department of Health Dr Heleen Grobbelaar, Durban University of Technology	6C: Food and Nutrition Technologies VENUE: Suite 3-4 CHAIRPERSONS: Prof Cornelia Nienaber-Rousseau, North-West University Dr Sanja Nel, University of Pretoria	6D: Professional Practice Towards Excellence in Nutrition VENUE: Suite 5 CHAIRPERSONS: Prof Ashika Naicker, Durban University of Technology Dr Alpha Rasekhala, Stellenbosch University
11h00 - 11h15	Insights into South African food labelling regulations: present realities, prospects and considerations Dr Mariaan Wicks, North-West University (South Africa)	Community-based intervention to improve nutritional outcomes in children living with disability in high-density areas of urban and peri urban parts of Harare, Zimbabwe Dr Svitlana Austin, Ministry of Health and Child Care (Zimbabwe)	Dairy intake screener as web-based application is reliable and valid Dr Monique Piderit, University of Pretoria / Nutritional Solutions (South Africa)	Evolution of a dietetic association's policy on industry sponsorship Ms Maria van der Merwe, Association for Dietetics in South Africa (ADSA) (South Africa)

11h15 - 11h30	The influence of food labelling education on consumer usage of food labels: a study in Sandton, Gauteng: protocol and formative results Ms Shakun Naicker, Private (South Africa)	Cardiometabolic risk in primary school-aged children with physical inactivity and unhealthy eating habits: a comparison study Dr Juley de Smidt, University of the Western Cape (South Africa)	Evaluating the impact of a mobile application with a novel, non-invasive face scan technology to improve lifestyle behaviors in South Africa Dr Yulia Berezhnaya, Pepsico (South Africa)	Upskilling community health workers to be growth monitoring champions for young children using a blended learning approach Ms Anna-Marie Müller, Grow Great (South Africa)
11h30 - 11h45	Evaluation of non-sugar sweeteners in the South African packaged food supply Dr Tamryn Frank and Prof Elizabeth Swart, University of the Western Cape (South Africa)	Feeding practices and social support of primary caregivers with children attending ECD centers in the Xhariep District, Free State, South Africa Ms Angelique Carson-Porter, University of the Free State (South Africa)	Development of an Artificial Intelligence (AI) diabetic recipe generator through collaborative expertise Prof Ashika Naicker, Durban University of Technology (South Africa)	Inadequate hospital management support of food service facilities and staff may impede food safety in public psychiatric hospitals in the Eastern Cape, South Africa Ms Asanda Getyeza, Department of Health (South Africa)
11h45 - 12h00	Nutri-economics of imitation meat vs meat of animal origin Dr Carmen Muller, University of Pretoria (South Africa)	Capturing growth indices on the road to health booklets in clinics in Free State, South Africa Ms Patience Legoale, Department of Health (South Africa)	Assessment of the production and consumption patterns of iron-fortified beans by Zambian smallholder farmers in Senga Hill District Ms Mainza Syafunko, Stellenbosch University (South Africa)	PECHA KUCHA PRESENTATION 7 MIN Continuous professional development of dietitians and nutritionists— compliance, barriers to compliance and preferences of practitioners Prof Annelie Gresse, Nelson Mandela University (South Africa)
12h00 - 12h07			PECHA KUCHA PRESENTATION 7 MIN Optimization of Mucilage Extraction Process from Okra (Abelmoschus esculentus (L.)) and application as an alternative stabilizer/emulsifier for dairy food product ice cream Ms Nelly Nkosi, University of South Africa (South Africa)	
12h00 - 12h15	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
12h15 - 13h15	LUNCH BREAK Sponsored by Flora VENUE: Great Ilanga			
PARALLEL SESSION 7	7A: Agriculture / Indigenous Food Commonality VENUE: North East Ilanga CHAIRPERSONS: Prof Hettie Schonfeldt, University of Pretoria Dr Nokuthula Vilakazi, Durban University of Technology	7B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Dr Monique Piderit, University of Pretoria / Nutritional Solutions Dr Chantell Witten, University of the Witwatersrand	7C: Professional Practice Towards Excellence in Nutrition VENUE: Suite 5 CHAIRPERSONS: Prof Annelie Gresse, Nelson Mandela University Ms Thembekile Dhlamini, Sefako Makgatho Health Sciences University	
13h15 - 13h30	An integration of indigenous foods to Community Nutrition Development Centre (CNDC) menu: a case study of social protection in King Cetshwayo District Prof Unathi Kolanisi, University of Zululand (South Africa)	Classifying food items by nutritional content using mixture model clustering Dr Yuseftha Balakrishna, South African Medical Research Council (South Africa)	Use of nutrition care process and nutrition care process terminology by South African dietitians Prof Renee Blaauw, Stellenbosch University (South Africa)	
13h30 - 13h45	The development and implementation of the nutrition-sensitive agriculture (NSA) food system toolkit for low-middle income country Dr Lisebo Mothepu, Durban University of Technology (South Africa)	Investigation into changes in inflammatory and immune cell markers in pre-diabetic patients from Durban, South Africa Ms Nomusa Mzimela, University of KwaZulu-Natal (South Africa)	Development and validation of guidelines to manage burnout and stress of dietitians and nutritionists in the workplace Dr Alpha Rasekhala, Stellenbosch University (South Africa)	
13h45 - 14h00	Promotion of increased consumption of indigenous vegetables among African women with/at risk of hypertension in Gqeberha, South Africa: a community participatory action research study Ms Zitandile Mfono, Nelson Mandela University (South Africa)	The effect of a combination of short-chain fatty acids on metabolic control in healthy men Dr Annette Van Onselen, University of South Africa (South Africa)	Burnout and stress of registered dietitians and nutritionists practicing in South Africa Dr Alpha Rasekhala, Stellenbosch University (South Africa)	
14h00 - 14h15	Food availability and coping strategies during COVID-19 lockdowns on in the Tygerberg Region of the Western Cape, South Africa Dr Mthokozisi Zuma, Agricultural Research Council (South Africa)	7 MINUTE PECHA KUCHA PRESENTATIONS Nutrition education for all: empowering students through a campus club Ms Riashnie Thaver and Prof Ashika Naicker, Durban University of Technology (South Africa) Impact of financial incentives and cashback on food purchasing behaviour Ms Carla Pool, Vitality (South Africa)	The skilling-reskilling evolution of nutrition professionals Ms Ronel Beukes, Stellenbosch University (South Africa)	
14h15 - 14h30	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
14h30 - 14h50	TEA COFFEE BREAK VENUE: Great Ilanga			
	PARALLEL SESSION 8 SYMPOSIA 14h50-16h50			
	Adult Hospital Malnutrition – We have to act now This session is supported by Fresenius Kabi VENUE: North East Ilanga	Scientific writing for Publication –The Nutrition Society UK VENUE: Suite 1-2	SAAFoST Food Science & Technology: Are healthy and nutritious food products on the cards? VENUE: Suite 3	Nutrition in the First 1000 Days VENUE: Suite 5
	PRESENTERS: Prof Renée Blaauw, Stellenbosch University (South Africa) Dr Janicke Visser, Stellenbosch University (South Africa) Mrs Esmarie van Tonder, Nelson Mandela University (South Africa) — — This symposium will focus on screening and diagnoses of malnourished adult hospital patients. It will take the form of a discussion on the prevalence and consequences of malnutrition in hospitalised patients. Thereafter international screening and malnutrition diagnostic guidelines will be discussed. Results of a recent study on validation of diagnostic tools in the South African setting will be tabled with a view of discussing the applicability in the local context. Recently identified barriers and enablers to providing adequate nutritional support to malnourished patients will be shared and this will be followed by suggestions for management options in order to implement findings into daily practice	PRESENTERS: Prof Mieke Faber, Dr Cindy George and Dr Vundli Ramokolo, South African Medical Research Council (South Africa) — — Target Audience: Post-graduate students and researchers wishing to gain understanding of writing scientific papers for publication. This Symposium will provide delegates with an overview on scientific writing, how to get published and how to promote their work after publication.	MODERATOR: Dr Nokuthula Vilakazi, Durban University of Technology (South Africa) PRESENTERS: Mr Brett Roosendaal, RCL Foods (South Africa) Mr Karabo Monageng and Ms Duduzile Mthui, Unilever SA (South Africa) Prof Riëtte de Kock, University of Pretoria (South Africa) Ms Maria van der Merwe, ADSA (South Africa) Dr Yulia Berezhnaya, Pepsico (South Africa) — — 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. During the second hour, a panel discussion with all the speakers, the Presidents of SAAFoST and ADSA President. The panel will deliberate on the specific topics with interactive participation from the audience.	PRESENTERS: Ms Anna-Marie Müller and Dr Edzani Mphaphuli, Grow Great Campaign (South Africa) — — The Grow Great symposium will probe into the fundamental role of nutrition during the first 1000 days of life, encompassing pregnancy through to early childhood. This session will highlight the profound impact of maternal nutrition on both mother and child, emphasising long-term health benefits. Experts will share best practices for introducing solid foods at 6 months and strategies to foster healthy eating habits in young children. Attendees can look forward to engaging in discussions and practical insights aimed at nurturing healthy futures.
16h50 - 18h00	Association for Dietetics in South Africa (ADSA) - BGM VENUE: Suite 1-2			
18h30	GALA DINNER VENUE: Southern Sun Elangeni Hotel - Suite 4 and 5			

08h00	Registration Opens
EARLY MORNING WORKSHOP - Booking Essential	
VENUE: Suite 5 CHAIRPERSON: Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) South Africa	
07h00 - 08h00	Healthy Conversation Skills workshop Prof Lize Havemann-Nel, North-West University (South Africa) and Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) (South Africa)
PLENARY SESSION 3:	
VENUE: Suites 1-5 CHAIRPERSONS: Prof Elizabeth Swart, University of the Western Cape and Prof Corinna Walsh, University of the Free State South Africa	
08h00 - 08h45	KEYNOTE SPEAKER: Food environment regulations for the promotion of healthier diets: the Chile food labelling & marketing law Prof Camila Corvalen, University of Chile (Chile)
08h45 - 09h00	The impact of food price affordability on food and nutritional choices by SA households Mr Mervyn Abrahams, Pietermaritzburg Economic Justice and Dignity (South Africa)
09h00 - 10h15	Disease specific malnutrition: reaching consensus in a South African context co-hosted by ADSA/ENASA This session is supported by Fresenius Kabi MODERATOR: Ms Maria van der Merwe, Association for Dietetics in South Africa (ADSA) (South Africa) PANEL: Prof Ali Dhansay, South African Medical Research Council (SAMRC) (South Africa), Prof Renee Blaauw, Stellenbosch University (South Africa), Dr Lauren Hill, Critical Point Nutrition (South Africa) and Ms Carla Gerrits, Association for Dietetics in South Africa (ADSA) (South Africa)
10h15 - 10h45	TEA COFFEE BREAK VENUE: Great Ilanga
PLENARY SESSION 4:	
VENUE: Suites 1-5 CHAIRPERSONS: Dr Estelle Venter, Association For Dietetics In South Africa (ADSA) and Prof Ashika Naicker, Durban University of Technology South Africa	
10h45 - 11h15	NSSA Este Vorster Memorial Lecture Prof Marjanne Senekal, University of Cape Town (South Africa)
11h15 - 11h55	Overview of the National Food and Nutrition Security Survey Department of Agriculture, Land Reform and Rural Development (DALRRD) Ms Thulile Dlamini, Department of Agriculture, Land Reform and Rural Development (South Africa)
11h55 - 12h45	LUNCH BREAK VENUE: Great Ilanga
PLENARY SESSION 5:	
VENUE: Suites 1-5 CHAIRPERSONS: Dr Lisebo Mothepu, Durban University of Technology and Prof Xolile Mkhize, Mangosuthu University of Technology South Africa	
12h45 - 13h30	Guiding the Dietetics and Nutrition Profession - The Health Professions Council of South Africa's Dietetics and Nutrition Boards' goals, responsibilities and achievements CHAIRPERSON: Dr Hlekani Mbhatsani PRESENTERS: Prof Annelie Gresse, Ms Phumeza Mkontwana and Ms Piletso Maniza
13h30 - 14h15	The ethics and sustainability of diets we design MODERATOR: Prof Ashika Naicker, Durban University of Technology (South Africa) PRESENTERS: Dr Stephan Peters, Dutch Dairy Association (Netherlands), Dr Mariaan Wicks, North-West University (South Africa), Dr Chantell Witten, University of the Witwatersrand (South Africa) and Ms Julie Perks, Private Practice (South Africa) — From the development of dietary guidelines to food product development. From nutrition education to the public, to developing individual meal plans for patients. Nutrition professionals play an active role in the design of diets, on a daily basis. Whether at national level, within communities or during individual interactions, we could impact what ends up on the plates of millions of consumers. In this session we will discuss the ethical considerations pertaining to dietary planning, with a particular focus on aspects of sustainability, as it pertains to nutrition professionals working in different settings.
14h15 - 14h30	CONGRESS CLOSURE & AWARDS

POSTER PRESENTATIONS | Poster presentations will take place during tea / lunch breaks - date / time indicated below**SCIENTIFIC | RESEARCH POSTERS (SR) | INFORMATION | EDUCATION POSTERS (IE)****Food and Nutrition in a Changing Society****POSTER PRESENTATIONS - GROUP A: Wednesday, 2 October | 10h41-11h05**

- 10h41 | **A plant-based dietary approach to the management of type 2 diabetes mellitus in South Africa** | Dr Nanine Wyma, Pan South Africa (South Africa) (SR)
- 10h44 | **An analysis of food and beverage marketing on television in South Africa** | Ms Lisa Deyce, University of the Western Cape (South Africa) (SR)
- 10h47 | **An exploration of implementation dimensions of food and security interventions in Mopani District, South Africa** | Ms Mohlatso Mnisi, University of Stellenbosch (South Africa) (SR)
- 10h50 | **Contribution of fruits and vegetables to the household food security situation of rural households in Limpopo** | Ms Zoleka Sithole, University of KwaZulu-Natal (South Africa) (SR)
- 10h53 | **Development and consumer acceptance of a brown lentil bun by University of Zululand students, South Africa, a pilot study** | Ms Nokubonga Ngwane, University of Zululand (South Africa) (SR)
- 10h56 | **Dietary diversity, total food intake, and its relationship to nutrient adequacy in North-Eastern South African children: the MAL-ED cohort** | Dr Tjale Mahopo, University of Venda (South Africa) (SR)
- 10h59 | **Effect of market participation on the food and nutrition security status of the rural smallholder farmers** | Dr Simphiwe Hlatshwayo, University of KwaZulu-Natal (South Africa) (SR)
- 11h02 | **Knowledge and utilisation of indigenous foods plants among Ngqushwa Municipality, South Africa** | Ms Zoe Nxusani, Stellenbosch University (South Africa) (SR)
- 11h05 | **Nutritional components and functional properties of pseudocereal (quinoa) and its potential uses in the food system for wellbeing: a review** | Dr Ruth Olusanya, University of Zululand (South Africa) (SR)

POSTER PRESENTATIONS - GROUP B: Wednesday, 2 October | 12h26-13h02

- 12h26 | **Prevalence and factors associated with food insecurity among tertiary students in Lesotho: a cross-sectional survey study** | Ms Mamakase Sello, National University of Lesotho (Lesotho) (SR)
 - 12h29 | **Rediscovering South Africa's indigenous food heritage: a study on consumption patterns and implications for sustainability in the Gauteng Province** | Dr Hema Kesa, University of Johannesburg (South Africa) (SR)
 - 12h32 | **Sales of indigenous foods in the markets: a Thulamela Study** | Ms Sedzani Tshidzumba, University of Venda (South Africa) (SR)
 - 12h35 | **What higher LSM South Africans consume for breakfast and what drives these choices** | Dr Yulia Berezhnaya, Pepsico (South Africa) (SR)
- Food and Nutrition Technologies**
- 12h38 | **Consumer acceptability of a seitan sausage by University of Zululand students, South Africa, a pilot study** | Ms Papama Kupiso, University of Zululand (South Africa) (SR)
 - 12h41 | **Effect of biofertilizers on productivity and aflatoxin production in groundnuts (Arachis hypogaea)** | Ms Tariro Munyari, Harare Institute of Technology (Zimbabwe) (SR)
 - 12h44 | **Impact of pre-treatments and drying on colour, bioactive compounds and antioxidant activity in different tomato (Solanum lycopersicum) cultivars** | Ms Nokuthula Nzimande, Tshwane University of Technology (South Africa) (SR)
 - 12h47 | **Monitoring the quality of honey: South African case study** | Prof Hettie Schönfeldt, University of Pretoria (South Africa) (SR)
 - 12h50 | **Sensory evaluation versus microbial, instrumental texture and colour qualities in chevon value-added products** | Ms Thembelihle Buthelezi, University of KwaZulu-Natal (South Africa) (SR)
 - 12h53 | **Tea and herbal infusions: their antioxidant activity and phenolic profile** | Ms Makaepa Maoto, University of South Africa (South Africa) (SR)
 - 12h56 | **The influence of different cooking methods and leaf maturity on colour, total chlorophyll, total phenolic, and carotenoid content in okra (Abelmoschus esculentus) leaves** | Ms Lebo Maila, Tshwane University of Technology (South Africa) (SR)
 - 12h59 | **The microbial, sensory acceptability and shelf-life properties of sourdough products: a case study of a sourdough practical-related project** | Ms Papama Kupiso, University of Zululand (South Africa) (SR)
 - 13h02 | **Transforming health and taste through utilization of Food Technological Advances to eliminate Trans-Fats in the African diet** | Ms Nyasha Mlambo, Dendairy (Zimbabwe) (SR)

Nutrition in the Prevention, Management and Treatment of Disease**POSTER PRESENTATIONS - GROUP C: Wednesday, 2 October | 14h41-14h59**

- 14h41 | **Anthropometric status and its association with feeding practices of children aged 0 to 36 months in Thulamela Municipality, Limpopo Province** | Mr Anzani Mugware, Mr Seleka Motadi and Prof Lindelani Mushaphi, University of Venda (South Africa) (SR)
- 14h44 | **Antidiabetic and anti-obesogenic properties of selected artificial sweeteners; and their modulatory effect on the redox imbalance of Fe2+- induced hepatic oxidative stress** | Ms Huda Ismail, University of KwaZulu-Natal (South Africa) (SR)
- 14h47 | **Assessment of the availability and quality of iodine-fortified salt in Senegal, West Africa** | Ms Marie Dieme, Laboratoire de Recherche en Nutrition et Alimentation Humaine (LARNAH), Faculté des Sciences et Techniques (FST), Départ (Senegal) (SR)
- 14h50 | **Avocados: the forgotten fruit in a Mediterranean diet** | Dr Monique Piderit, University of Pretoria/ Nutritional Solutions (South Africa) (IE)
- 14h53 | **Brown rice consumption and its influence on blood glucose levels: an investigation conducted among staff at a South African university** | Ms Anjellah Reddy, Durban University of Technology (South Africa) (SR)
- 14h56 | **Developing capacity for community-based growth monitoring and promotion: ECD practitioners in the Eastern Cape** | Ms Anna-Marie Müller and Mrs Helen Donkin, Zero2five Trust (South Africa) (SR)
- 14h59 | **Dietary intake and associated factors (food security, psycho-social and behavioral change) in women with Gestational Diabetes Mellitus (GDM)** | Prof Janetta Harbron, University of Cape Town (South Africa) (SR)

POSTER PRESENTATIONS - GROUP D: Thursday, 3 October | 10h36-10h54

- 10h36 | **Domestic food preparation methods of community members in peri-urban Mangaung, Bloemfontein, South-Africa** | Mrs Angelique Carson-Porter, University of the Free State (South Africa) (SR)
- 10h39 | **Effects of Xylitol and Erythritol on Some Type 2 Diabetes and Obesity Related Parameters: A Comparative Study** | Ms Nothando Hlongwane, University of KwaZulu-Natal (South Africa) (SR)
- 10h42 | **Formative research to co-create and determine the acceptability of intervention content designed to improve breastfeeding self-efficacy and outcomes in Soweto, South Africa** | Ms Helene Theunissen, University of the Witwatersrand (South Africa) (SR)

33. 10h45	Nutritional knowledge, attitudes, and practices of patients diagnosed with hypertension in rural areas at Limpopo Province Ms Ditope Rabodiba, University of Limpopo (South Africa) (SR)
34. 10h48	Nutritional management of a patient with Cornelia de Lange syndrome (CdLS): a case report Mrs Cecile van Niekerk, University of Pretoria (South Africa) (IE)
35. 10h51	Nutritional risk defined by mini nutritional assessment-short form and diet quality of Malawian older adults Ms Lustia Mndoliro, Kamuzu Central Hospital (Malawi) (SR)
36. 10h54	Practice experience and outcomes of an audit of a pilot VLCD programme for management of cardiometabolic risk in obesity Ms Sanria Nel, Waterfall Nutrition (South Africa) (SR)
POSTER PRESENTATIONS - GROUP E: Thursday, 3 October 12h16-12h37	
37. 12h16	Seasonal variation in blood pressure among Ellisras rural population aged 4 to 18 years overtime: Ellisras Longitudinal Study (ELS) Ms Thandiwe Mkhathswa, University of Limpopo (South Africa) (SR)
38. 12h19	Seasonal variation of lean arm fat and fat arm area among Ellisras population from childhood to young adulthood Ms Mankopodi Makhubedu, University of Limpopo (South Africa) (SR)
39. 12h22	The relationship between dietary intake and adiposity in South African female adolescents: a review Dr Nokuthula Vilakazi, Durban University of Technology (South Africa) (SR)
40. 12h25	To determine the popular home-prepared complementary foods fed to infants in selected rural and urban areas in KwaZulu-Natal, South Africa Ms Hlengiwe Sokhela, University of KwaZulu-Natal (South Africa) (SR)
Nutrition Research Methodologies	
41. 12h28	Proposed methodology to identify foods commonly consumed by Indians in South Africa Dr Nazezia Sayed, University of Pretoria (South Africa) (SR)
42. 12h31	Unveiling the potential use of a diet quality questionnaire in cardiovascular disease risk screening: a preliminary study Dr Retha Kotze, University of the Western Cape (South Africa) (SR)
43. 12h34	Using Content Analysis to teach & conduct research in an undergraduate Dietetics program: does it meet the entry-level research competencies for the profession? Ms Jill Wilkenson, University of the Western Cape (South Africa) (IE)
44. 12h37	Validation of the National USI Coverage Assessment Method in Ethiopia: the Cluster Compositing Method Mr Nahom Tefera, Ethiopian Public Health Institute (Ethiopia) (SR)
Food and Nutrition in a Changing Society	
POSTER PRESENTATIONS - GROUP F: Thursday, 3 October 14h31-14h40	
45. 14h31	Determining malnutrition risk factors within an informal settlement. "A case study for urban dwellers post Covid-19 pandemic" Ms Portia Mtshali, Mangosuthu University of Technology (South Africa) (IE)
46. 14h34	Equitable Access to Healthy Food Choices: A Pathway to Diet- Related NCD Prevention in South Africa Ms Metron Ziga, University of the Western Cape (South Africa) (IE)
47. 14h37	Household food insecurity, dietary diversity and anthropometric status in women of reproductive age residing in informal settlements in South Africa Dr Phumudzo Tshiambara, University of Pretoria (South Africa) (IE)
48. 14h40	Systematic review on the role of microgreens in the diet to combat micronutrient deficiencies and hidden hunger Dr Annette van Onselen, University of South Africa (South Africa) (IE)