



SASPEN News

With the very successful congress that was held in Sun City in July 2015 still fresh in everyone's minds, SASPEN is going to make the congress presentations available to members in the member's area on the SASPEN website.

Arina Prins, Immediate Past President of SASPEN, attended the European Society for Clinical Nutrition and Metabolism (ESPEN) Council meeting on 4 September 2015, followed by the ESPEN Congress from 5-8 September 2015 in Lisbon. Some exciting developments will be effected next year as a result of SASPEN's association with ESPEN. Watch this space!

SASPEN had the privilege of bringing the ESPEN webcast to South African shores, in partnership with the Aesculap Academy. This year's theme was "Healthy life through nutrition". Webcasts took place in Cape Town from 28-29 September 2015, and in Johannesburg from 1-2 October 2015. SASPEN hosted a competition for registration to the webcasts on its media platforms, and four lucky winners could attend the webcasts through this initiative. Congratulations to Jeske Wellmann, Marli Havenga, Alex Royal and Monica Theron. SASPEN trusts that you enjoyed your prizes and learned a lot. Please visit

the facebook page for photos from the events. It is hoped that this initiative will be continued for years to come!

The SASPEN President, Christina Nieuwoudt, attended a meeting with the Enteral Nutrition Association of South Africa (ENASA) on 6 October 2015. The aim of the meeting was to continue the collaboration between ENASA and SASPEN to further nutrition support, clinical nutrition and related research in the dietetic community. ENASA will again sponsor research projects in 2016. Other exciting projects are also planned for 2016 with the support of ENASA. Updates will follow.

The newly elected SASPEN Council held its first meeting, and Council members are very excited about the term ahead. Involvement in more nutrition-related health days and initiatives is anticipated. SASPEN is striving to promote the profession to other healthcare workers who are involved in the nutritional management of patients, and would like to initiate more collaboration between the different disciplines. Input is welcome, and SASPEN would like to hear about your initiatives. Please like us on facebook, follow us on twitter and join us on LinkedIn. You can visit the webpage on www.saspens.com or download the SASPEN application on your devices.



NSSA newsbits

The Consumer Education Project of Milk SA

The Consumer Education Project of Milk SA, together with the Northern Branch of the Nutrition Society of South Africa, hosted a continuous nutrition education event on 22 October 2015 at Irene Dairy Farm, Centurion, attended by 80 delegates. Speakers included Claire Julsing-Strydom who delivered her presentation entitled *Bringing balance back*, Nicqui Duffield-Grant (*Lactose intolerance and allergies*), Jacques Roussouw (*The harms of pseudoscience, bad science and bad communication*) and Gerhard Venter (*Dairy components: from the cow to you*). Christine Leighton and Maretha

Vermaak, Milk SA, also shared a fast facts presentation on various dairy nutrition topics. More information on the Consumer Education Project of Milk SA is available at <http://www.rediscoverdairy.co.za/>

National Nutrition Week celebrations

Mieke Faber, South African Medical Research Council, and a member of the NSSA Council, was guest speaker during the National Nutrition Week celebrations of the Western Cape Department of Education, hosted by Overberg Education District. She addressed primary schoolchildren on healthy eating, based on the South African food-based dietary guidelines.