



Nutrition Congress 2018

ADSA and the NSSA are proud to jointly host the upcoming Nutrition Congress at the Misty Hills conference centre, 5–7 September in Johannesburg. The theme for the 2018 congress is Nutrition: Past, Present and Future. The local organising committee is hard at work as they strive to create a platform for nutrition professionals in South Africa, to acknowledge the past successes in nutrition and to remember lessons learnt to plan for a better nutrition future for all South Africans. Delegates wishing to present oral or poster presentations are invited to submit a short abstract for consideration and inclusion in the academic programme. Abstracts must be submitted online by 30 April 2018. Registration is now open, so book your spot at the congress online now. A discount is available for early registration, which closes on 18 July 2018. Visit www.nutritioncongress.co.za to register or submit abstracts.






Sugar tax: 1 April 2018

On 1 April, the tax on sugar-sweetened beverages (SSBs) will be introduced in South Africa. The levy is fixed at 2.1c per gram of the sugar content that exceeds 4 grams per 100 ml, which means the first 4 grams per 100 ml are levy free. The levy is part of government's programme to prevent and control non-communicable diseases (NCDs) and assist in the prevention and control of obesity. ADSA acknowledges that many South Africans are at a greater health risk due to the high consumption of free/added sugars, and supports the taxation of SSBs. It is ADSA's view that, while a tax on SSBs

has the potential to reduce the consumption of free/added sugars and improve obesity, a tax on SSBs must be viewed as only one piece of the puzzle to address the complex problem of obesity in South Africa, and the other forms of malnutrition. Education around healthy choices and creating an enabling environment to make those choices easier for the public will still need to be a priority for all South Africans.

To read ADSA's full position statement on the taxation of sugar-sweetened beverages in South Africa, go to <http://www.adsa.org.za/AboutUs/PoliciesandPositionStatements.aspx>.

Stay in touch with ADSA and help us spread the word that optimal nutrition is essential for all South Africans:

-  www.facebook.com/ADSAorgza
-  www.twitter.com/ADSA
-  Blog: <http://nutritionconfidence.wordpress.com>
-  Website: <http://www.adsa.org.za>
-  Email: info@adsa.co.za or adsacomms@gmail.com

Kind regards,

Association for Dietetics South Africa (ADSA)

Executive Committee

www.adsa.org.za



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5 - 7 September • Misty Hills • Johannesburg • www.nutritioncongress.co.za