



"In celebration of delicious food that inspires us to make our own meals and is also good for us, we created the NutritionConfidence recipes" - Vanessa Marx

ADSA have partnered with award-winning chef, Vanessa Marx (from Dear Me), to develop the NutritionConfidence series of recipes. Three diabetic-friendly recipes were launched in November. This series aims to showcase that delicious food can also be healthy, making it easier to eat the right food more often for a healthy body and mind. Each recipe encourages local, close-to-home ingredients,

offers alternative flavour tips, and highlights the "good for you" hero ingredients. ADSA will publish NutritionConfidence recipes every month, so visit the website (www.adsa.org.za) to find recipes to suit every occasion. There will be a festive focus in December, light meals in January and a Valentine's focus in February.



NSSA newsbits

NSSA awards at the Nutrition Congress 2014

Several awards were handed out by the NSSA at the Nutrition Congress 2014, held in Johannesburg from 17-19 September 2014.

Unilever – Junior Scientist Awards (1st and 2nd prize)

The Unilever-sponsored Nutrition Award, given to a junior scientist for the best oral presentation on nutrition research was presented to Natascha Olivier for her paper, *Resting energy expenditure of black and white overweight women aged 18-55 years*. Celeste Naude received the second prize for her paper, *Serum and dietary vitamin D in young adults living under seasonal solar ultraviolet B conditions*.

Unilever – Senior Scientist Awards (1st and 2nd prize)

The Unilever Nutrition Award, given to a senior scientist for the best oral presentation on nutrition research was presented to Salome Kruger for her paper, *The sensitivity of body mass index cut-points in identifying cardiometabolic risk in black South Africans*.

Mieke Faber received the second prize for her paper, *Anthropometric status, dietary intake and vitamin A status of South African pre-schoolchildren from four areas with diverse eating patterns*.

NSSA – William Fox Award

The NSSA William Fox Award was presented to Beulah Pretorius for her poster on *The necessity of food composition data to determine dietary iron absorption*.

Nutrition Society Award

Marius Smuts and Salome Kruger received the Nutrition Society Award in recognition of their outstanding contribution to nutrition research in South Africa over the years.