



## ADSA Bursary 2012

In February 2012, ADSA called for bursary applicants. There was a good response from dietetics students all over the country and it was saddening to note the number of current dietetic students that are in dire straits and in need of financial assistance. Unfortunately ADSA could only award one bursary, and we are pleased to announce the 2012 bursary recipient Tina Lee from the Stellenbosch University. We wish Tina and all other dietetics students the very best in their studies.

## ADSA Free State Branch – Is Beer more nutritious than milk?

By Helen Wessels & Liezl Keeve

The ADSA Free State Committee presented a multidisciplinary CPD accredited function on “Nutrition in Sport” on 9 February 2012 in Bloemfontein.

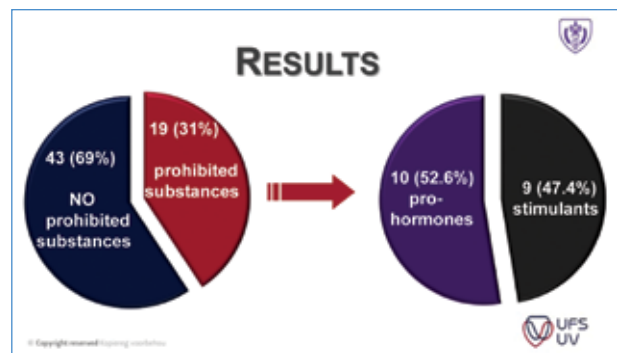
“Beer is more nutritious than milk.” This and other jaw-hanging statements were recently broadcasted over a popular radio station in the Free State area. These statements were being made by people registered at the HPCSA in sport-related disciplines. “You must cut carbs” was another typical statement being dished out by guru’s in gyms and training centres.

ADSA Free State therefore launched a multidisciplinary CPD accredited function, “Nutrition in Sport Part 1” to remind these experts of the complexity of nutritional science, and to refer to Registered Dietitians/Nutritionists rather than risk the embarrassment of stepping out of their scope of practice. The response was overwhelming. Not only was there an exceptional turnout of Biokineticists and Physiotherapists, there were also personal trainers and vegan yoga instructors, which made for interesting interaction and discussion.

The speakers included Dr Pieter van der Merwe, director of WADA (World Anti Doping Association) and Dr. Lize Haveman-Nel who is a Registered Dietitian and Senior Lecturer at The School for Physiology, Nutrition and Consumer Science, North West University.

Dr. Van der Merwe gave an excellent update on: “The Risks of Supplements – Contamination in Over-the-Counter Sport Supplements”. He discussed some of their results on regulation and manufacturing errors which included inaccurate labelling, composition differences, e.g. from one batch to another and contamination by pro hormones which leads to inadvertent doping. Dr Van der Merwe also explained the process that the lab goes through

when testing supplements, their aim being to screen local over-the-counter supplements for the presence of prohibited substances and to determine if the intake of a contaminated supplement can cause an athlete to fail a dope test. He concluded that SA nutritional supplements do contain prohibited substances, and that an estimated 5,6% of supplements tested may be mislabelled or contaminated with prohormones, which can cause an athlete to fail a dope test – even when taken in miniscule amounts.



Dr. Lize Haveman-Nel gave an interesting and detailed update on Sports Nutrition. She talked about the new recommendations for fluid and carbohydrates during exercise, nutrition for endurance sport, weight loss and sport and she updated us on what an optimal sports diet should look like and how to calculate energy and macronutrient requirements for sports people.

A feedback form filled out by the participants, stated praise and an overall very positive report. The only cause for concern was the requests / suggestions by sports professionals that the follow-up “Nutrition in Sport Part 2” should include “meal plans”, “specific foods”, “meal plans for kids doing sport” and “meal plans for sports people with chronic illness” and so on which is quite worrying as these cases should be referred to a registered Dietitian. ADSA FS still has some work to do in promoting our strengths it seems and we are looking forward to kicking off another round of Nutrition in Sport early in 2013.

## ADSA South Gauteng CPD function

**Christa Dunn**

On 20 April 2012, ADSA Gauteng South held a CPD meeting on *Behaviour Change, Ethics and Successful Business Practices*, at Sportron House, Bryanston.

The event was opened by Nicky Slow. Nicky is a registered dietitian and has studied extensively in the field of human behaviour, life

coaching, facilitation, brain profiling and empowerment. Her vision is to impart truth that transforms lives. Her Beat the Bulge workshop is aimed at helping individuals help themselves and look at the hedonic pathway of food reward. Nicky's presentation focused on the mind-body connection in weight loss – uncovering the subconscious strategies keeping people stuck in the yo-yo diet cycle and strategies to address these for long term weight maintenance.

Ethics hour was presented by Prof. Magda Slabbert. She holds a BA degree, honours in Journalism, a Higher Educational Diploma, a B Proc and LLB degree and a LLD in Medical Law from the University of the Free State. Professor Slabbert has spoken at many international and national forums. Her other passion is ethics and she is currently responsible for the subject Professional Ethics in the School of Law at Unisa. She is also the chairperson of the South Africa Medico-Legal Society.

The day was ended on a high note with a talk by Ilze van der Merwe-Albert. She is a psychologist, Founder and Director of Bella Vida Centre (one of the biggest psychology centres in Africa); nominated as one of the most influential businesswoman in the health industry in 2008. Her talk covered successful business practices for health professionals. Thank you to Pick 'n Pay, Arctic Health and Port-a-Kitchen (Thermomix) for sponsoring this exciting event and well done to Claire Julsing Strydom for her excellent organisation of this event.

ADSA Core and Extended Executive Committee will be meeting at the end of July 2012, should ADSA members have any items that they would like to be discussed at this meeting please forward your suggestions to me. Lastly, as you are aware the Nutrition Congress Africa 2012 is around the corner, please visit [www.nutritioncongress.co.za](http://www.nutritioncongress.co.za) for further information.

Nireshee Reddy

ADSA Executive – Communications

T: 031 508 7140 C: 083 781 7003 F: 086 681 0923

e: [nireshee.reddy@sasa.org.za](mailto:nireshee.reddy@sasa.org.za)



From L to R: Celynn Erasmus, Renae Stears and Gabi Steenkamp. Celynn and Gabi, the authors of Fast Food for Sustained Energy, displayed and sold their books at the event.

