



Message from the President

Dear All

The year is rushing by with great speed and ADSA is buzzing with activity.

Please remember to pay your HPCSA fees this month - also below is a form received from the HPCSA to make sure they have all our updated details.

Please be sure that your information is updated with them.



We have been doing quite a bit of media work regarding the animal meat and labeling issue this month, making sure that our profession gets exposure and good information is published.

In order to keep you updated, please follow the link below as well as this [article](#) regarding the low carbohydrate controversy video of Prof. Noakes at the UCT debate December 2012: http://www.health.uct.ac.za/centenary/past_events/centenary_debate/

Please click [here](#) for a HPCSA Circular and contact details form 2013.

Warm regards

Berna

Portfolio: CPD

ADSA CPD would like to remind all dietitians that individual CPD records are not kept by ADSA or the HPCSA and that it is the responsibility of health care practitioners to keep record of all CPD activities. As per the CPD Guidelines for Health Care Professionals: All health professionals shall ensure that they are in possession of a certificate of attendance for every activity they have attended. They shall keep these for at least two years so that their certificates will be available if required for a random compliance check.

Portfolio: Communications

Dietitian on the Move

Name: Celynn Erasmus

Field of specialty: Corporate Wellness

Position/Title: Registered Dietitian,
Professional speaker, Author



Where do you work? Mainly in Gauteng, occasionally Cape Town and do some travel for work to the UK on an annual basis. I recently had the chance to work in the Middle East – quite an experience!

How long have you worked in this field? 5 years in private practice and then 7 years as a corporate wellness consultant and presenter.

What does a general day/month look like? I don't have a daily or weekly routine except my morning tea and low GI rusk shared with my husband and yorkie. I try and take Mondays off to do community work. A usual day is spent in meetings or presenting or preparing for meetings and presentations. I allocate a significant amount of time each week to do research and keep up with trends relative to my field.

What is the most gratifying part of your job? I am my most authentic and energised when I am on a platform presenting to large groups of people. There is nothing more gratifying than seeing an individual in an audience have their own 'eureka wellness' moment. I am deeply grateful for the chance to reach so many lives and to promote dietetics as a profession.

What do you least enjoy about your job? I don't enjoy the admin side of business but do realise the importance of it! To be honest, there are times when waking up unemployed every day does seem daunting.

Portfolio: Representation

Scope of practice for dietitians and nutritionists: Your comments are needed!

The HPCSA, Board of Dietetics and Nutrition appointed a Task Team to review the scopes of Dietetics and Nutrition. The meeting was held between 17 and 18 October

2012 at the HPCSA offices in Pretoria. Professor LD Coetsee was appointed as a facilitator to facilitate the discussions and draw up a report to be presented at a meeting of the Professional Board of Dietetics and Nutrition with the heads of training institutions, provincial managers, ADSA and NSSA.

ADSA members are hereby request to submit comments to [this report](#) by 29 March 2013 to enable ADSA to submit a written report to the HPCSA

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Eggs – Nature’s gift in a portion-controlled packaging

It is estimated that across the world, one billion people are currently undernourished. This picture is also seen in South Africa with about a third of SA children suffering from under-nutrition.

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Eggs are an excellent source of high quality protein and compared with other protein sources, eggs are particularly nutrient dense in that they contain a relatively higher level of certain key vitamins and minerals. Despite this, interest has focused on the cholesterol content of egg yolk, resulting in advice about limiting eggs in the diet instead of recommending eggs.

Numerous published studies on eggs and the nutrients found in eggs, have provided justification for including an egg a day for healthy people, particularly with respect to eye health, weight management and fetal brain development.

Making high quality food available to all South Africans is a priority of the SA Egg Industry. The task to improve the health of all South Africans is enormous and the SA Egg Industry would like to join forces with ADSA in working together towards this common goal.

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