



### Breastfeeding week






“Breastfeeding at work – let’s make it work” was the theme of this year’s Breastfeeding Week, held from 1–7 August 2017, with the aim to support breastfeeding mothers when they return to work. ADSA made an infographic with information on the benefits of breastfeeding for the baby, mother and employee alike. The infographic is available for download on ADSA’s website. ADSA spokespersons were also featured in articles on breastfeeding, and radio and TV interviews, including Espresso, SAFM and the Sunday Times.

### National nutrition week

National Nutrition Week (NNW) 2017 took place in South Africa from 9–15 October. This year’s theme “Rethink your drink – choose water” aimed to encourage the public to get into the habit of making water our choice beverage each day. Water contains no kilojoules, hydrates, is essential for health and is the best choice to quench thirst. The conversation during NNW focused on why we need water, the harmful effects of sugar-sweetened beverages, alternative drinking options and how to find out how much sugar is in your drink. In celebration of NNW, ADSA hosted a very successful Twitter Chat on Wednesday 11 October with other NNW partners, various dietitians and other participating stakeholders, with the hashtags

#RethinkYourDrink and #ChooseWater. Social media was abuzz when the Twitter Chat received 134 retweets, 124 likes, and a whopping 222 000 impressions in comparison to 17 000 during NNW 2016. ADSA would like to thank all dietitians, nutritionists and NNW partners who helped make the Twitter Chat such a great success.

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

-  [www.facebook.com/ADSAorgza](http://www.facebook.com/ADSAorgza)
-  [www.twitter.com/ADSA](http://www.twitter.com/ADSA)
-  [Blog: http://nutritionconfidence.wordpress.com](http://nutritionconfidence.wordpress.com)
-  [Website: http://www.adsa.org.za](http://www.adsa.org.za)
-  [Email: info@adsa.co.za](mailto:info@adsa.co.za) or [adsacomms@gmail.com](mailto:adsacomms@gmail.com)

Kind regards,

Association for Dietetics South Africa (ADSA)

Executive Committee

[www.adsa.org.za](http://www.adsa.org.za)