



APPROVED! South African Dietary Guidelines

The first set of national South African food-based dietary guidelines is official!

The Association for Dietetics in South Africa and the Nutrition Society of South Africa are pleased to announce that the National Department of Health has approved and adopted the food-based dietary guidelines as national dietary guidelines for South Africa.

The official national South African dietary guidelines are as follows:

- Enjoy a variety of foods
- Be active!
- Make starchy foods the basis of most meals
- Eat plenty of vegetables and fruits every day
- Eat dry beans, peas, lentils and soya regularly
- Chicken, fish, meat, milk or eggs could be eaten daily
- Eat fats sparingly
- Use salt sparingly
- Eat food and drinks containing sugar sparingly and not between meals
- Drink lots of clean, safe water
- If you drink alcohol, drink sensibly

A national launch of the dietary guidelines is planned for National Nutrition Week in October 2003, which will be run through ADSA national office and at branch level. In the interim, FBDG workshops are being arranged for each ADSA branch to ensure dietitians, nutritionists and health care workers are aware and comfortable working with the dietary guidelines in their area of work.

Dietitians are encouraged to read up on the development process of the dietary guidelines, the technical support papers providing scientific evidence for each guideline, and the extensive consumer testing conducted:

South African Food-Based Dietary Guidelines: Technical Support Papers. *South African Journal of Clinical Nutrition* 2001; 14 (3): Supplement S1-S80.

South African Food-Based Dietary Guidelines: Testing of the preliminary guidelines among women in KwaZulu Natal and the Western Cape. *South African Journal of Clinical Nutrition* 2001; 14 (1): 9-19.

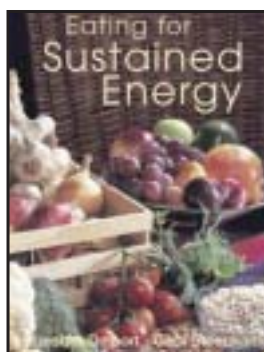
Open Debate – South African Food-Based Dietary Guidelines. *South African Journal of Clinical Nutrition* 2001; 14 (2): 42-43.

Dr Penny Love (RD SA)
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Book Review

'Eating for Sustained Energy'

By Liesbet Delport & Gabi Steenkamp



Eating for Sustained Energy is more than just a recipe book. It starts out with a very practical explanation of the glycaemic index (GI) and is followed by recipes for every meal and occasion. Registered dietitians Gabi Steenkamp and Liesbet Delport manage to make lower fat, low GI cooking an easy and at the same time pleasant experience.

With the practical approach they are well known for, they include tested, tasty low fat and low GI recipes that the whole family will enjoy. This is also not only a book for diabetics. It is based on the recommended guidelines for good blood sugar control. That makes this book essential for everyone who is interested in healthy eating and good health.

Each recipe has a complete nutritional breakdown including the GI of the recipe, as well as many useful dietitians' notes explaining the use of unusual ingredients or how to combine high GI ingredients within a recipe to yield a lower GI, lower fat meal. This book also makes a practical, colourful teaching aid when explaining the glycaemic index to patients.

Submitted by Rhynette Hugo (RD SA)

Dietitians can order copies of '*Eating for Sustained Energy*' directly from the authors – gabist@mweb.co.za or dellas@mweb.co.za at a reduced price for resale to their patients.



Congresses and Conferences

Nutrition symposium

16 - 18 September 2003

Department of Human Nutrition, Free State University

To celebrate the Department's 20th birthday, old students, friends and colleagues are invited to a very exciting academic and social programme. First announcements should reach ADSA members shortly with information on the program and themes for abstracts. For more information, e-mail nutrition@med.uovs.ac.za

2nd Seminar of the African Nutrition Leadership Programme (ANLP)

30 October - 7 November 2003

Johannesburg, South Africa

The aim of this programme is to assist the development of future leaders in the field of human nutrition in Africa.

For more information visit:

www.africannutritionleadership.org

Or contact: Mrs H Rootman

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International Congress of Dietetics

28 - 31 May 2004

Chicago, Illinois, USA

Hosted by the American Dietetic Association and Dietitians of Canada, more than 3 000 delegates are expected to convene and explore the conference theme 'Sharing Global Perspectives: Building Our Common Ground'.

To get up-to-date information about the Congress, please visit the ICDA web site, www.internationaldietetics.org and click on 'International Congress of Dietetics 2004'. There you will find information on how to submit an abstract for a poster presentation, exhibiting and sponsorship information, as well as a conference-at-a-glance (a preliminary schedule of events to occur). The official Preliminary Program, with educational program listings, registration, housing, and travel information, will be available by 2 June 2003.

If you have specific questions about the Congress, contact Karen Lechowich at the American Dietetic Association in the United States of America at congress@internationaldietetics.org or mail your inquiry to 2004 International Congress of Dietetics, American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606 USA.

Other News

International Dietetic Networker of the American Overseas Dietetic Association

The American Dietetic Association has approved the creation of a new membership category that will allow dietetics professionals from outside the United States to become members of ADA. Qualifications for international membership in ADA will include completion of formal training in food, nutrition or dietetics received outside the United States or US Territories, verified by the country's professional dietetics association and/or national regulatory body. Membership applications are now being accepted, with memberships taking effect 1 June 2003. ADA's international membership dues are \$170 per year, plus a one-time \$25 application fee, payable in US dollars. Nutrition professionals from outside the United States who are interested in becoming ADA members can contact Carolyn Clark on cclark@eatright.org

If you have any interesting snippets of information to share with Dietitians, please send them to:
Penny Love: ADSA Communications, Fax: 031-7658005;
E-mail: penny@austware.com

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DRI Booklet

NICUS has put the sponsored, non-profit DRI publication containing extracts, frequently verbatim, from the six books on the Dietary Reference Intakes (DRIs) of the Institute of Medicine, Food and Nutrition Board, USA, online. It is intended to provide condensed and summarised information on the DRIs to nutrition professionals and students who do not have the means, financial and/or technological, to access this information.

The DRI booklet can be found online at
<http://www.sun.ac.za/nicus/>

Please send any comments to Prof. Labadarios
demetre@sun.ac.za

Technical queries can be sent to Clint Pietersen
clintdp@sun.ac.za