

Front of Flyer

Nutrition is a science and Dietitians are the recognised experts in the field of evidence-based nutrition. There are many unscientific health and nutrition publications, fad diets and nutrition gimmicks around – when you consult a Registered Dietitian, you are protected from misleading treatments and misinformation.



#### WHAT IS ADSA?

The Association for Dietetics in South Africa (ADSA) is the professional organisation for Registered Dietitians.

#### ADSA's VISION

To represent and develop the dietetic profession to contribute towards achieving optimal nutrition for all South Africans.

#### ADSA's MISSION

As the registered professionals in the field of dietetics and nutrition we support and promote the continued growth of the profession of dietetics in South Africa.

The primary aims of the Association are to serve the interests of Dietitians in South Africa and promote the nutritional well being of the community.

Should you need the details of a Registered Dietitian in your area visit [www.adsa.org.za](http://www.adsa.org.za) or email [info@adsa.org.za](mailto:info@adsa.org.za)



**If it's about  
Nutrition,  
ask your  
Dietitian!**



## WHAT CAN A DIETITIAN DO FOR ME?

Your first thought might be weight loss, and you would be right, but that's not all... obesity is only one of a great many nutrition-related conditions that Dietitians can treat. Nutrition is in fact one of the cornerstones of good health for all.

## WHAT IS A DIETITIAN?

- A qualified health professional registered with the Health Professions Council of South Africa (HPCSA)
- who has a minimum qualification of a four year scientific degree\*
- with training in all aspects and fields of nutrition therapy

\* For further information visit [www.adsa.org.za](http://www.adsa.org.za)



Dietitians mainly work in the following fields and a number also specialise in research and management:

### Private Practising Dietitians

- consult clients/patients who need advice on nutrition therapy (see blue block) for their condition or need to make lifestyle changes which would include healthy eating
- clients/patients are followed up and nutritionally supported for as long as is required

### Therapeutic Dietitians

- mainly work in a hospital setting where they consult patients referred by doctors and other health care staff
- the Dietitian, as an integral part of the patient care team, assesses and individualises nutrition therapy
- special diets, tube feeds and intravenous feeds can form part of the treatment of the conditions found in the blue block below

### Community Dietitians work for the public sector, but may also be employed by non-governmental or community based organisations. They focus on:

- promotion, protection and support of breastfeeding
- promotion of growth monitoring
- nutrition promotion and education
- prevention and treatment of vitamin and mineral deficiencies
- nutrition support for specific conditions (see blue block)
- empowering people to ensure they can provide food for themselves and their families
- monitoring the management of food service in institutions

### Some of the well known conditions managed with nutrition therapy:

- diabetes, heart disease (high blood pressure, high cholesterol), liver disease, kidney disease, cancer (HIV/AIDS, TB, throat, stomach and intestinal disorders (IBS, Crohn's, ulcerative colitis, constipation, flatulence, diarrhoea)
- food allergies and intolerances
- eating disorders

### Nutrition advice would include:

- sports nutrition and
- the various stages during a person's lifecycle (ie. pregnancy, infancy, childhood, adulthood right through to old age)

### Consulting Dietitians

offer their expertise in the field of nutrition to the food, nutrition, healthcare and pharmaceutical industries. They also often advise the media on nutrition related stories

- They advise their clients on:
- current food labelling legislation, nutrition regulations and nutritional analyses
  - product development
  - the latest developments and trends in nutrition and nutrition related marketing activities

### Food Service Management Dietitians

These Dietitians manage the provision of healthy and specialised diets to persons in institutions such as health care facilities, correctional services, welfare care settings, school hostels or old age homes. They:

- plan, cost and develop menus
- control, implement, evaluate and oversee food service systems, including the purchasing, storage, preparation and serving of foods and beverages

**?** *Did you know that your stay in a hospital can be reduced and recovery time shortened with correct nutritional care?*

### WHY DO DIETITIANS NEED TO BE REGISTERED?

- Registration protects the public from nutrition misinformation
- By law Dietitians need to keep up to date on the latest nutritional information in order to remain registered, ensuring that anyone who makes use of their services is given the latest evidence based information
- All Registered Dietitians will gladly provide proof of registration upon request. In fact you should ask to see anyone claiming to be a nutrition expert (RD(SA) is the notation used for Registered Dietitians in South Africa