

# REGISTRATION IS NOW OPEN

Please complete the online registration form to confirm your attendance.



## DATES

19-21 AUGUST  
2026



## TIME

09:00 - 16:30  
Daily



## PLATFORM

Microsoft Teams  
Online

**Keynote Speaker:** Prof Mieke Faber

**Cost:** R1800 for 3 days | R1000 for students | Reduced rates for 10 students and more

## PRACTICAL SKILLS FOR BETTER NUTRITION OUTCOMES

Join us for a 3-day virtual workshop focused on dietary intake assessment and nutritional analysis. Gain hands on skills to collect, analyse and interpret dietary data for improved health and nutrition decisions.

### WHAT YOU WILL LEARN

- Collect dietary data using 24-hour recalls, food records and FFQs
- Estimate portion sizes accurately
- Convert food intake into nutrient values using food composition data
- Interpret dietary intake and evaluate diet quality
- Present and apply findings in practice



### WHO SHOULD ATTEND

- Nutritionists and Dietitians
- Public health professionals
- Nutrition Researchers
- Students and anyone interested in dietary assessment and nutrition



### WHY ATTEND

- Build practical skills
- Learn step-by-step techniques
- Use SAFOODS tools and resources
- Earn CPD points



### Contact us

✉ [safoods@mrc.ac.za](mailto:safoods@mrc.ac.za) |

🌐 <https://safoods.mrc.ac.za>



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# PROGRAMME

## Dietary Intake Assessment Workshop: 19 – 21 August 2026

| Time          | Day 1                                                    |     | Day 2                           |    | Day 3                                                             |           |
|---------------|----------------------------------------------------------|-----|---------------------------------|----|-------------------------------------------------------------------|-----------|
| 09:00 – 10:00 | Welcome & SAFOODS Introduction                           | AvG | Data Collection                 | MF | Case Study                                                        | ALL       |
|               | The Database                                             | JC  |                                 |    |                                                                   |           |
| 10:00 – 11:00 | Introduction to Dietary Intake Methods                   | MF  | FoodFinder                      | MJ | Data Linking & Statistical Analysis                               | YB        |
| 11:00 – 11:30 | TEA                                                      |     |                                 |    |                                                                   |           |
| 11:30 – 13:00 | Research purpose & methods for dietary intake assessment | MF  | Data Coding and Cleaning        | MF | Evaluate and Interpret Dietary Data                               | MF        |
| 13:00 – 13:30 | LUNCH                                                    |     |                                 |    |                                                                   |           |
| 13:30 – 14:15 | Available Tools: DIASA                                   | AvG | Engaging with your data         | MF | AI in Research and Ethics; AI in Nutrition Research [13:30-15:30] | NL & ASdH |
| 14:15 – 15:15 | Portion size estimation                                  | MF  | Dealing with the blanks         | MF |                                                                   |           |
| 15:00 – 15:30 | TEA                                                      |     |                                 |    |                                                                   |           |
| 15:30 – 16:30 | Planning the process                                     | MF  | Data Quality Assurance/Curation | MF |                                                                   |           |

### Presenters:

MF – Prof Mieke Faber

AvG – Dr Averalda Van Graan

JC – Mrs Joelaine Chetty

MJ – Dr Malory Jumat

YB- Dr Yusentha Balakrishna

NL – Dr Natasha Langdown

ASdH - Dr Andrea Sosa de Holwerda