

SAVE THE DATE

You're invited to our

Dietary Intake Assessment Workshop

SAMRC Biostatistics Research Unit
South African Food Data Systems
(SAFOODS) Division



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 |

🌐 <https://safoods.mrc.ac.za>



Scan Me!

Stay informed

Full programme and
registration details coming
soon.