

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 |

🌐 <https://safoods.mrc.ac.za>



Scan Me!

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