



Megan Pentz-Kluyts RD(SA)

Registered Nutrition and Dietetics consultant

Nutritional Expert –Consultant, Writer, Speaker, Advisor and Food Marketing Specialist

Qualifications include:

- Registered dietitian, B. Sc. Dietetics from Free State University (registered with the HPCSA Reg. no. : DT 0006459).
- Masters in Nutrition from Stellenbosch University.
- Diploma in Therapeutic Aromatherapy (registered Therapeutic Aromatherapist with AHPCSA Reg. no.: A4237).
- Postgraduate Diploma in Marketing Management (UNISA).
- Internationally qualified Chef de Pâtisserie (City & Guilds), passed cum laude.

Megan owns her own Nutrition Consultancy where she consults to clients on various issues, including weight loss, sport, fitness and wellness, diseases of lifestyle (diabetes, insulin resistance, metabolic syndrome, heart disease and cancer) and gastrointestinal diseases like irritable bowel syndrome. She uses an integrative lifestyle approach.

She also consults to various clients in the Food Industry locally and internationally on health-related issues, including assistance with food labelling. Megan is a speaker at various events and launches, also lectures and is an external examiner and assessor at various academic institutions, including the Exercise Teacher's Academy (ETA) in Sports Nutrition, where she is the author of the Nutrition chapters and is an external examiner for the Cape Peninsula University of Technology (CPUT) and Stellenbosch University Master's in Nutrition course and co-study leader for various Masters projects. Megan has also been a specialist Editor for *Men's Health* magazine and the *Bicycling* magazine.

She is involved in the committee for development of the 'South African Food Based Dietary Guidelines for the 0-7 year old group' and has published Journal articles in the peer-reviewed *Journal of Maternal and Child Nutrition* on the South African Paediatric Food based Dietary Guidelines.

Since 2007, Megan has been the consulting dietitian for the *Cancer Association of South Africa (CANSa)*.

Some of her achievements in the last couple of years include:

- 2-9 October 2015: Only South African delegate invited by the Malaysian Palm Oil Council to attend the PIPPOC Conference on Palm Oil and sustainability in Kuala Lumpur, Malaysia.
- 17-19 September 2014: Presented Masters research at the National Nutrition Congress, Johannesburg.
- 2014: Ran first 42.2km marathon – Cape Town Marathon. Completed the Inca Trail, Peru.
- 5-8 September 2012: Presented Masters research on "An Evaluation of Knowledge of Current Trends of Omega-3 (n-3) Supplementation in Parents of Children at Public Primary Schools in the City of Cape Town, South Africa" at the 16th International Congress of Dietetics, Sydney, Australia.
- 2012: Co-authored CANSa's *Life is Beautiful* Book.
- 2012-2015: Ran 4 Two Oceans half marathons, in aid of raising funds for the SPCA.
- 8 October 2010: Awarded Runner-up for the *Galliova Health Writer's Award 2010*, awarded for health articles in written and electronic media in South Africa.
- 22 September 2010: Summited Mount Kilimanjaro, Africa's Highest Mountain and the World's Highest Free-standing mountain, in aid of raising funds for the SPCA, and for CANSa.
- 2006: Nominated for the ADSA/Flora award (where 'A DIETITIAN WHO OVER THE PAST 5 YEARS HAS MADE AN OUTSTANDING CONTRIBUTION IN THE FIELD OF DIETETICS AND TO THE DIETETIC PROFESSION').
- 2006: One of 25 African nutritionists accepted into the *African Nutrition Leadership Programme (ANLP)*.
- 2005: Top Pastry student at Capsicum Culinary Studio, Cape Town. Passed cum laude.
- 2004-2006: National President for the ASSOCIATION FOR DIETETICS IN SOUTH AFRICA (ADSA) for the 2004 – 2006 term of office, 1994-2006: on the Executive Committee of ADSA.
- 2000-2006: On the Editorial Board for the South African Journal of Clinical Nutrition (SAJCN).
- 1994-2015: Successfully Completed 12 Pick 'n Pay Argus Cycle Tours.

Contact Details

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