

Moné Swanepoel

Registered Dietitian
Private Practice Owner

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DU TOIT SWANEPOEL
Dietitians Inc.

ABOUT MONÉ

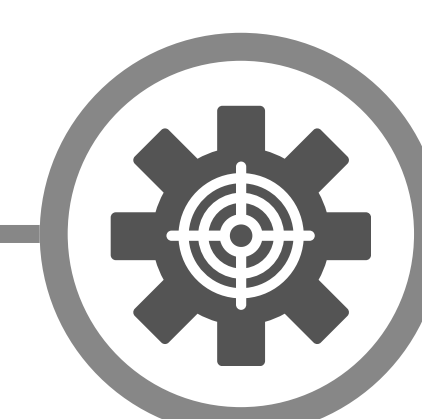


Moné is a Registered Dietitian that believes one can eat anything in the world in the right portion size. She has a passion for food and believe a healthy lifestyle is key.

She finished her Dietetics degree in 2016 at the University of Pretoria. She started in private practice since 2018. She also did extra nutritional courses in Nutrigenomics, Breastfeeding and Weight loss. Currently she has a special interest in Oncology nutrition, PEG nutrition and weight loss.

"My Goal every day is to teach people something new about nutritional health!"
"Eat Anything in Moderation!"

SCOPE OF PRACTICE



- Diabetes & Insulin Resistance
- Cholesterol & Hypertension
- Hypertension
- Baby & Child Health
- Maternity and Breastfeeding
- Food Intolerances & Allergies
- Oncology Nutrition
- Gastro- Intestinal Disorders
 - Irritable Bowel Syndrome (IBS), Spastic Colon, Heartburn, Constipation, Peptic Ulcers
- Meal Planning & Recipe's
- Weight Management
 - Weight Loss Programs
 - Bridal Transformation Packages
- PEG Tube Feeds
- Facts on Food Labels
- Supplementation & Nutrient Deficiencies
- Sports Nutrition
- Nutrigenomics & Personalized Meal Plans
- Discovery Vitality Nutrition Assessments
- BestMed Dietitian Network
- OPTiWay Food Sensitivity Testing

Tanya du Toit

Registered Dietitian
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ABOUT TANYA

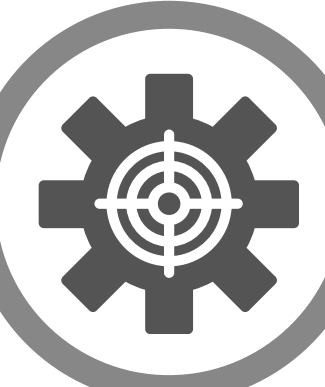


Tanya completed her studies at the University of North-west. Thereafter she gained valuable experience in various hospital settings. She started in private practice since 2015.

She sees food as nourishing and something that should be enjoyed not feared. She is excited to share her passion for healthy eating. She believes in a whole food diet customized designed to every client. She has a special interest in food allergies, pregnancy nutrition and lifestyle nutrition (weight loss / weight gain).

Her goal is to let her clients become their own nutrition guides and to let them live a healthy lifestyle without feeling guilty or restricted.

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Lichelle Marais

Registered Dietitian

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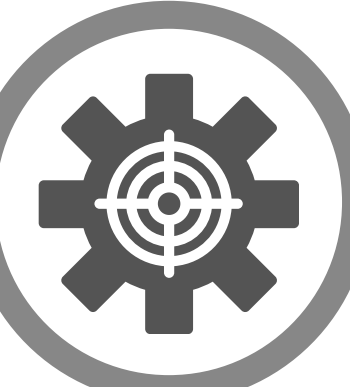
ABOUT LICHELLE



Lichelle is a registered dietitian that completed her degree at the University of Pretoria. Since then she has practiced in various acute, rehabilitation and outpatient settings.

She has a special interest in paediatric nutrition and is passionate about restoring a healthy relationship with food. Her goal is to provide individualised nutrition support to each client by considering specific disease conditions, habits, practicality, cost-effectiveness and preferences.

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