



CONTACT

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REGISTRATIONS

HPCSA: DT 0036684
BHF: 084 000 0443654

AREAS OF EXPERTISE

- › Evidence-based presentations and keynotes
- › Science communication and public speaking
- › Corporate wellness and activations
- › Workshops and CPD training
- › Scientific and academic writing
- › SA food-label and regulatory compliance
- › Menu and canteen audits
- › Recipe development and analysis
- › Sports nutrition, gut health and low-FODMAP
- › AI in dietetic practice

MEMBERSHIPS

ADSA Executive Committee,
Communications (2016–2021)
Golden Key International Honour
Society
Mensa South Africa

PROFESSIONAL DEVELOPMENT

Low-FODMAP for IBS, Monash
University (2020)
Nutrigenomics and nutrigenetics, 3X4 /
DNAlysis (2018–2020)
SA food-labelling regulation, FACTS
(2018, 2021)
Diabetes management, CDE (2012)

Dr Monique Cruz Piderit

PhD Dietetics . Registered Dietitian

Registered Dietitian | Nutrition Science Communicator & Corporate Consultant

PROFILE

I am a registered dietitian with a PhD and more than a decade in private practice, and I turn complex nutrition science into clear, practical guidance that people can act on. I consult to leading food, healthcare and consumer brands across South Africa, where I design and deliver evidence-based presentations, corporate wellness programmes and technical nutrition services. Communicating science is what I do best: I speak with equal confidence to boardrooms, consumers and healthcare professionals, and I back every message with current evidence. My interests span sports nutrition, gut health and the responsible use of AI in dietetic practice.

CONSULTING & CORPORATE WORK

In private practice since 2011, I partner with brands and organisations to communicate credible nutrition science and build practical wellness solutions. My core services:

- **Evidence-based presentations and speaking:** I design and deliver scientific presentations for corporate clients, healthcare professionals and consumers, from congress platforms to wellness-day activations.
- **Corporate wellness and executive nutrition:** wellness initiatives, activations and workshops that make healthy choices practical for staff and leadership teams.
- **Technical nutrition services:** canteen and menu audits, recipe development and analysis, and food-label compliance aligned to South African regulations.
- **Scientific and educational writing:** evidence-based content and reference material for pharmaceuticals, FMCG and other institutions.
- **Media and public engagement:** nutrition commentary and expert comment across radio, TV, social media, and print.

SELECTED CLIENTS

Adcock Ingram . Anchor Yeast . Assore . BODYTEC . CAMAF . Danone
Southern Africa . Delfran Pharmaceuticals . Discovery Health . Discovery
Insure . Dolce Vita Ice Cream . EatRite . FitChef . Hyundai . Lyra Executive
Wellness . Namedsport SA . Nestle Nutrition Institute Africa . Pepsico .
Probitec Health . Rediscover Dairy (CEP of Milk SA) . Rugani . SAAGA . SAPA .
Vida e Caffè

SPEAKING & THOUGHT LEADERSHIP

- **Invited Speaker.** The GLP-1 Tug of War: Balancing weight loss with nutritional integrity. Pepsico Symposium (2026)
- **Invited Speaker.** Nourishing Neurodivergent Minds: Addressing nutrition and feeding challenges in a family-centric approach. NNIA CNE Swaziland (2026)

- **Invited Speaker.** From Fatigue to Function: A nutrition-first approach to thyroid health. Delfran Pharmaceuticals (2025)
- **Invited Speaker.** Creatine: Beyond Sports Nutrition. Nutritional Solutions CNE – Paarl and Bryanston (2025).
- **Invited Speaker.** Wholegrains: The Whole Truth and Nothing But the Truth . Pepsico Symposium (2025).
- **Invited Panel Member.** Conflicts of Interest and the Working Environments of Nutrition Professionals. 28th NSSA and 16th ADSA Congress, Cape Town (2023).
- **Invited Session Chairperson.** SAAFoST: Challenges in Food Safety and Product Reformulation. 27th NSSA and 15th ADSA Congress, Muldersdrift (2018).
- **Invited Speaker.** Implementing a Low FODMAP Diet: A Practical Overview. Nutritional Solutions CNE (2021).
- **Invited Speaker.** Reviewing the Evidence of Intermittent Fasting. Nutritional Solutions CNE (2017).
- **Conference presenter.** Abstracts and posters on dairy screening, energy expenditure and maternal nutrition, NSSA/ADSA congresses (2014–2023).

PUBLICATIONS

- Piderit MC. **The role of artificial intelligence in dietetic practice: a narrative review of current evidence and practical applications.** *South African Journal of Clinical Nutrition.* 2026;39(2):67–73.
- Piderit MC, White Z, Wenhold FAM. **The development and usability of a web-based mobile application as a dairy intake screener for South African adults.** *Journal of Dairy Research.* 2023;89(4):453–460.
- Pretorius A, Piderit M, Becker P, Wenhold FAM. **Resting energy expenditure of a diverse group of South African men and women.** *Journal of Human Nutrition.* 2022.

EDUCATION

- PhD Dietetics.** University of Pretoria (2023)
Thesis: The usability and validity of a dairy intake screen as a web-based mobile application for South African adults.
- MSc Dietetics (Cum Laude).** University of Pretoria (2015)
Majors: sports nutrition; diet-related non-communicable diseases of lifestyle.
- BSc Dietetics (Honours).** University of Pretoria (2010)
- BSc Human Physiology, Biochemistry & Cell Biology.** University of the Witwatersrand (2007)
- References available on request.*