

Biography: Sanja Nel

Sanja Nel is a Registered Dietitian and South African Certified Lactation Consultant, and holds PhD in dietetics. Sanja qualified as a dietitian in 2009. An interest in infant feeding, coupled with the birth of her first child, led her to qualify as a South African Certified Lactation Consultant in 2013. In addition to her academic training, she has the hands-on experience of nearly six years of breastfeeding. After several years in the government service, Sanja moved to private practice as a lactation consultant, and decided to pursue postgraduate studies. She obtained her Masters in Dietetics in 2020 and her PhD in 2024. She is currently working as a researcher at the University of Pretoria's Research Centre for Maternal, Fetal, Infant and Child Health Care Strategies. Her research focuses on nutrition in the first thousand days of life, with a particular interest in foetal and infant growth.