

Dietician PROFILES



HELEEN DREYER

Heleen completed her Bachelor of Science Degree in Dietetics at the University of Pretoria. She is registered with the Health Professions Council of SA (HPCSA) and the Association for Dietetics in South Africa (ADSA). She keeps yearly up to date with Continuing Professional Development programme (CDP) for the HPCSA. Her last audit for this was in September 2020 where she was confirmed compliant. It is important to attend CPD activities to maintain and update professional competence and to ensure that the public interest will always be promoted and protected as well as ensuring the best possible health service outcome for a community.

She is employed as Dietitian at Nelspruit Mediclinic and is involved in the day-to-day management and quality control of special diets. She performs inspections for Press Ganey Associates and for the Council for Health Service Accreditation of Southern Africa (COHSASA). She also administered enteral and parenteral nutrition in ICUs. She enjoys giving training and presentations on different diets to educate the public and hospital patients on health awareness and nutrition during annual awareness drives, for example Salt Awareness Month (March), National Nutrition and Obesity Week (October), and Diabetes Month (November).



MARILEE VAN HEERDEN

Marilee completed her Bachelor of Science Degree in Dietetics at the University of Free State, Bloemfontein. She is registered with the Health Professions Council of SA (HPCSA) and the Association for Dietetics in South Africa (ADSA).

Marilee started her journey in the industry as Catering Manager which allowed her to understand the challenges in this dynamic and busy environment. In 2016 Marilee joined Tsebo as a dietitian and trainer and has enjoyed her journey at Tsebo ever since. She is passionate about dietetics, has compassion for people, loves to share her knowledge by offering training to others and by empowering staff. With her time spent in the units, Marilee realised that she has an interest in the operational part of Tsebo and applied to become Dietetics Manager at Fedics Healthwise in 2019. She is actively learning and seeking growth in this new position.

Marilee completed Middle Management Business studies at the Gordon Institute of Business Science (GIBS) through Tsebo in 2020 and reaps the benefits of attending this world class course. In her downtime, she enjoys hosting friends and family, trying out different recipes, visiting restaurants and she loves to travel.



THANDOLWAKHE MABUZA

Thandolwakhe Mabuza is a registered dietitian and completed her formal training at The University of KwaZulu-Natal receiving Golden Key International Society membership and other various awards for her academic excellence. She went on to complete her community service at Tshwane District Health.

Thando joined Tsebo as Regional Dietitian for Fedics in the Healthwise Division in February 2019 after acquiring extensive nutrition experience and knowledge as Compass Group SA Regional Dietitian of the Clinix Health Group in Gauteng, receiving promotion to further train and manage in other hospital groups in KZN and the Eastern Cape.

She loves equipping and motivating staff through training and is a foodie at heart. Her passion lies in seeing clients being given care and service of the highest standard. Her interests are in, but not limited to, public speaking, chronic disease treatment and management, nutrition in pregnancy, infants and childhood, and occupational health. She has been featured on Metro FM, Cliff central, Kaya FM, Tshwane FM, Healthy Living Alliance, Soweto TV, Dumisa TV, Raising Babies 101 Season 1 and Season 2, Dexterity Radio, Millennial, Move Magazine, Truelove Magazine and BONA Magazine, among other platforms, and was nominated for an EWIKA Award in the Sports and Wellness category.

Classically trained as a pianist, in her free time she enjoys music, reading, jogging, community work and spending time with her family.



ANNELIZE ZEELIE

Annelize completed her Bachelor of Science Degree in Dietetics (cum laude) at the University of Free State, Bloemfontein. She is registered with the Health Professions Council of SA (HPCSA) and the Association for Dietetics in South Africa (ADSA). She is also qualified as an ISO 22000 Food Safety Lead Auditor, a HACCP Expert, and acts as Safety, Health and Environmental Facilitator. She is currently enrolled for her Master's degree with University of KwaZulu-Natal.

Annelize has been with Tsebo Outsourcing Group for 15 years, starting as a catering manager and dietitian in the retirement sector. She then serves as Regional Dietitian for Fedics and currently her role is Divisional Dietitian, Tsebo Catering Solutions. She has worked extensively in the food service industry. She was instrumental in the development of food safety management programmes, corporate wellness management programmes, and brand concept expansion. She enjoys public speaking and giving presentations. She consults regularly for the media, having written for Business Day Newspaper, Weigh-Less, Discovery, and Ride magazines, and had interviews on Radio 2000 and SABC 2. She also regularly writes articles for the in-house magazines The Alchemy of Food and The Shopper.

Annelize takes a holistic approach to the role of diet in the modern-day, often busy and stressful, routine. Her love of everything that is nutrition-related is at the cornerstone of her passion for helping others to optimise all aspects of their health. Annelize is an asset to the industry and convey a high level of expertise and understanding of the dietetic field. She applies her skill through the integration, translation, and application of food, nutrition, and social sciences as well as management theory; she works well with individuals and the greater population to create strategies to enable clients to achieve their nutrition related goals and her approach always stays client focused.





GUGU DLAMINI

Gugulethu Dlamini is currently employed as Quality Assurance Manager and Dietitian for the Eastern Region.

She holds a BSc in Dietetics and a Postgraduate Diploma in Dietetics from the University of KwaZulu-Natal.

She started her career as a clinical dietitian and joined Fedics in 2006 as Food Dietitian.

Gugu has extensive experience in food service dietetics, clinical dietetics, quality assurance, food safety, occupational health and safety, and food services management.



LEONORE WARD

Leonore is currently employed with Tsebo Solutions Group as a regional trainer in the Western Cape region.



LESLIE-ANNE LOMBARD

Leslie-Anne Lombard is a registered dietitian currently employed as Private Healthwise Dietitian and Hostess Training Manager for Fedics KwaZulu-Natal.

She completed her Bachelor of Science in Dietetics at the University of KwaZulu-Natal followed by a Postgraduate Diploma in Dietetics.

She loves the exposure to a diverse group of people that working for Tsebo offers, enjoying the reward of helping employees learn and grow within the company.

She has a special interest in nutrition in oncology and palliative care as well as gut related illness such as IBS and Crohn's disease.

Leslie-Ann is passionate about providing customers with nutritious, balanced meals. She also ensures attention to detail in all front-of-house aspects to guarantee Tsebo's service aids in the healing process of patients.



CHANTELLE MOORE

Chantelle Moore studied a BSc Dietetics degree at the University of Stellenbosch. She has a keen interest in food and the finer details of nutrition.

She was appointed as District Manager in February 2018. Her areas of responsibility include lifestyle, Healthwise and two B&I contracts (Dischem and Pathcare). Previously she has worked at WPC as Project Manager/Dietitian at Mediclinic Panorama and assisting with operations at Mediclinic Louis Leipoldt and Milnerton.

She enjoys the challenge of making food service exciting, especially in hospital and lifestyle environments. Catering for a hospital does not mean one cannot present it in an interesting way.

It gives her great joy to develop staff members to grow in their career, not staying a general assistant or cleaner.

Chantelle feels her greatest challenge is to keep Tsebo's service innovative and exciting by continually develop new products and services.



NICOLENE VAN DER VYVER

Nicolene van der Vyver studied at the University of Bloemfontein. She was appointed at the University of Stellenbosch Main Campus in 2015 as a dietitian. She also had the split title of Catering manager, managing Huis Neethling which is a high performance sport facility at Maties Sport, Stellenbosch University. She has a special interest in sport nutrition and enjoys the versatility of a catering manager's financial responsibilities.

Her areas of responsibility include the healthcare sector (Nurture Hospitals, Akeso Clinics and Brackenfell COVID-19 Field Hospital) and retirement villages. She does menu planning, special diets, health awareness days, training, hygiene, and safety compliance. She works very closely with other catering managers to sustain patients' health via advice and dietetic tools.

She enjoys her work because she can do something that she is passionate about.

Nicolene regards dietetics a very versatile and rewarding job, especially when she sees health related results in the nutritional field.

