



Inge Retief

Inge is a registered dietitian with the HPCSA and is an ADSA member. She is passionate about the profession and the upliftment of dietetics and is one of the founders of the Hospital Dietitians Interest Group.

Inge studied at the University of Pretoria, has worked in the UK and has a special interest in critical care, paediatric feeding difficulties, paediatric neurological disorders including rare diseases, inborn errors of metabolism and epilepsy. Inge is a SOS trained feeding therapist for problem and picky feeders and part of one of the only multidisciplinary feeding teams in South Africa. She is very involved in advocating for patients requiring artificial nutrition support and has been involved with projects at the funder level to help these patients. Inge also has 5 years international experience in the clinical nutrition pharmaceutical industry. She presents regularly at National Congresses and has written numerous articles for magazines and scientific journals and presented on radio shows. Inge is married to Charl and has two very energetic toddlers. Her hobbies include outdoor activities like hiking, she also enjoys exercising and is a passionate shopper and baker.