

Maryke Gallagher is a registered dietitian with more than 14 years combined experience in private practice, research, lecturing and consulting to industry. She has special interests in sport, allergies, insulin resistance / diabetes, as well as nutritional genomics, She is passionate about breastfeeding promotion and the translation of nutrition science, nutrition communication and leadership.

She is the past president of the Association for Dietetics in South Africa (ADSA) and has served the profession on various ADSA committees for 4 years, is a national ADSA spokesperson, and is the chair of the management committee for the International Congress of Dietetics, ICD2020, that will be held in Cape Town South Africa.

Maryke is actively involved in nutrition education and development, and has lectured to specialised trainers on sports nutrition, medical representatives on lactose intolerance, the public on healthy eating in sport, and food technologists on health and wellness trends. She is involved in creating curriculum support material on nutrition for primary school children for Woolworths South Africa and also creates monthly content and recipe analysis for Food and Home magazine. She received her BSc Dietetics degree (cum laude) and Master's degree in Nutrition (cum laude) from the University of Stellenbosch. She has presented her research findings at the IUFoST congress in August 2010 and published in the South African Journal of Clinical Nutrition 2010;23(3). She has also presented on the South African Food Based Dietary Guidelines at the ICD2016 congress in Granada, Spain.

Besides her passion for healthy sustainable eating and building the dietetics profession, Maryke has many other interests ranging from cycling, mountain biking, rock climbing. Her greatest sporting achievement was doing three multiday mountain bike stage races (including the Absa Cape Epic) within 7 months, after less than a year of cycling experience! Maryke is also a mother to two toddlers.