



SONJA MOSTERT

BIO

Sonja is a Registered Dietitian, graduated from the University of Pretoria with a post-graduate qualification from Academy of Health and Nutrition (Australia)

She has experience in the field of Medical nutrition therapy (hospitals in SA and Saudi Arabia), food service management (hospitals), sports nutrition (University of Pretoria) as well as managerial experience. For the last 10 years she practiced as a private dietitian in Cape Town (Restore 2health).
