

about us



Lize Snyman (RD SA) runs a dietetic practice focussed on positive lifestyle change. Recently branded as DietSense the combined dietetic experience exceeds 35years.

We are stoked to be involved in the arena of modern supportive weight loss! This includes gastric balloons where ongoing dietetic support is pivotal.

The fast-paced lifestyle nowadays complicates regular dietetic sessions and that is exactly where online services fit in.

The online platform offers the golden key: Keeping effortless contact with the patient.

WHY Crucial?

- Regular patient contact optimises success. Fact.
- If the patient does well – a win for all!



Online sessions allows us to handle dietary complications before they arise. Keeping the specialist in the know through feedback reports. This action plan ensures patient satisfaction and also projects a professional image of the medical practice.

What do we aim to cover?

- 1) Prepping the patient before D-day
- 2) Stage changes and protein loads
- 3) Embracing balloon technology

