

NNC GOVERNING BOARD  
Resolution No. 4, Series of 2018

**ADOPTING THE NNC POLICY STATEMENT ON FAD DIETS**

**WHEREAS**, the NNC being a policy-making body on nutrition develops policy statements in aid of legislation or to provide guidance on nutrition issues and concerns;

**WHEREAS**, the proliferation of different fad diets that claim to result to rapid weight loss cause concern as these may pose health and nutrition concern among Filipinos;

**WHEREAS**, several studies have proven that fad diets are nutritionally-imbalanced, challenging to comply with in the long-run, induce stress, cause disease to certain organs, lack focus on physical activity, and may have psychological implications;

**WHEREAS**, studies have shown that following a short dietary regimen is medically unsuitable and unsustainable with many dieters failing in their dietary adherence and long-term behavioral change, and may pose potential health risks;

**WHEREAS**, the NNC desires to protect the general public against fad diets and provide guidance to nutrition and health practitioners in dealing with people adhering to fad diets;

**NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED**, in consideration of the foregoing, we the National Nutrition Council Governing Board, do hereby approve and adopt the policy statement on fad diets, as follows:

“Fad diets are not recommended for weight loss as it may pose potential health risk and dangers. Instead, the NNC recommends the adherence to a holistic, sustainable, adequate, and nutritionally-balanced diet, complemented by an active lifestyle and lifelong behavioral modifications. It is also the position of the NNC that individual efforts to address overweight and obesity must be complemented with population-based interventions, particularly on the promotion of healthier food environments and food systems and public awareness through behavior-change communications, to prevent further increase in overweight and obesity prevalence in the country.”


**RESOLVED FURTHER**, that recommendations for a safe, healthy, and holistic dietary, exercise, and behavioral plan as key to long-term weight loss and improvement of overall health must be advocated by nutritionist-dietitians and other health professionals, both in private and public practice;

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**RESOLVED FURTHER**, for the National Nutrition Council Secretariat to ensure that this policy statement is disseminated as widely as possible to the general public, practitioners and health and nutrition workers and those in the medical and allied professions; and its dissemination monitored and reported to the Governing Board.

Approved this 21<sup>st</sup> day of June 2018.

  
**FRANCISCO T. DUQUE III, MD, MSc**  
Secretary of Health and Chairperson  
National Nutrition Council Governing Board

Attested:

  
**Assistant Secretary of Health Maria-Bernardita T. Flores, CESO II**  
Council Secretary and Executive Director IV  
National Nutrition Council



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**CONFORME:**

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Secretary of Agriculture  
Vice-Chairperson, NNC Governing Board

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Member, NNC Governing Board

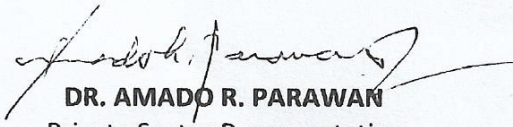
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Member, NNC Governing Board

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