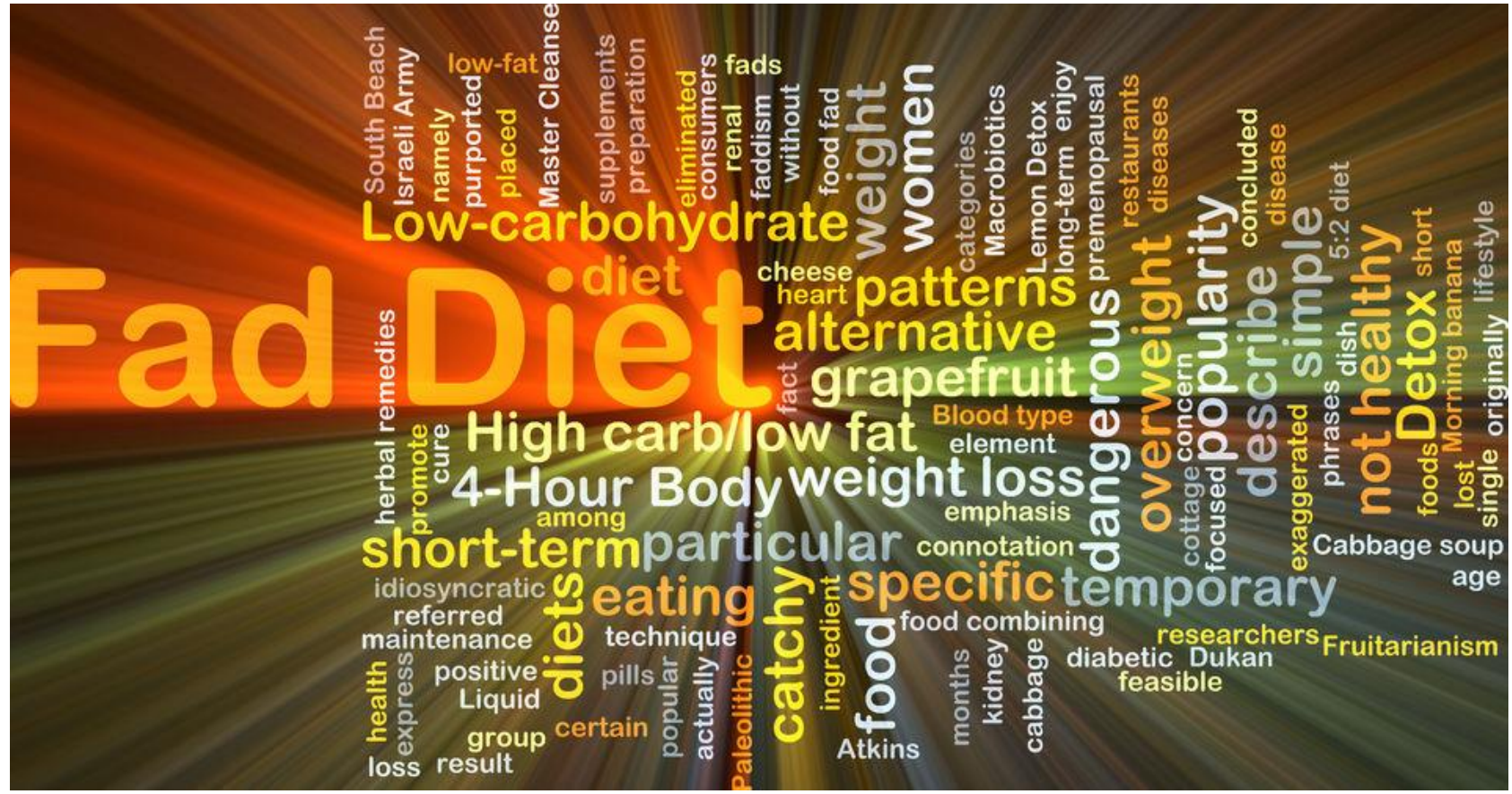


Policy Statement on Fad Diets

*5th National Conference of
Nutrition Action Officers
23 August 2018*





What are Fad Diets?

Any dietary regimen or practice promoted for weight loss and improvement of health that does not form part of standard dietetic-led weight management advice

**Makes dramatic
claims that are not
supported by
evidence**

**Nutritionally
imbalanced**

**Promise of rapid
weight loss
(>1 kg/week)**

**Does not include
improvement in
health and
exercise**

**Provides no health
warning to those
with pre-existing
medical conditions**

**Based on
anecdotal
evidence and/or
testimonials**

Characteristics of a Fad Diet

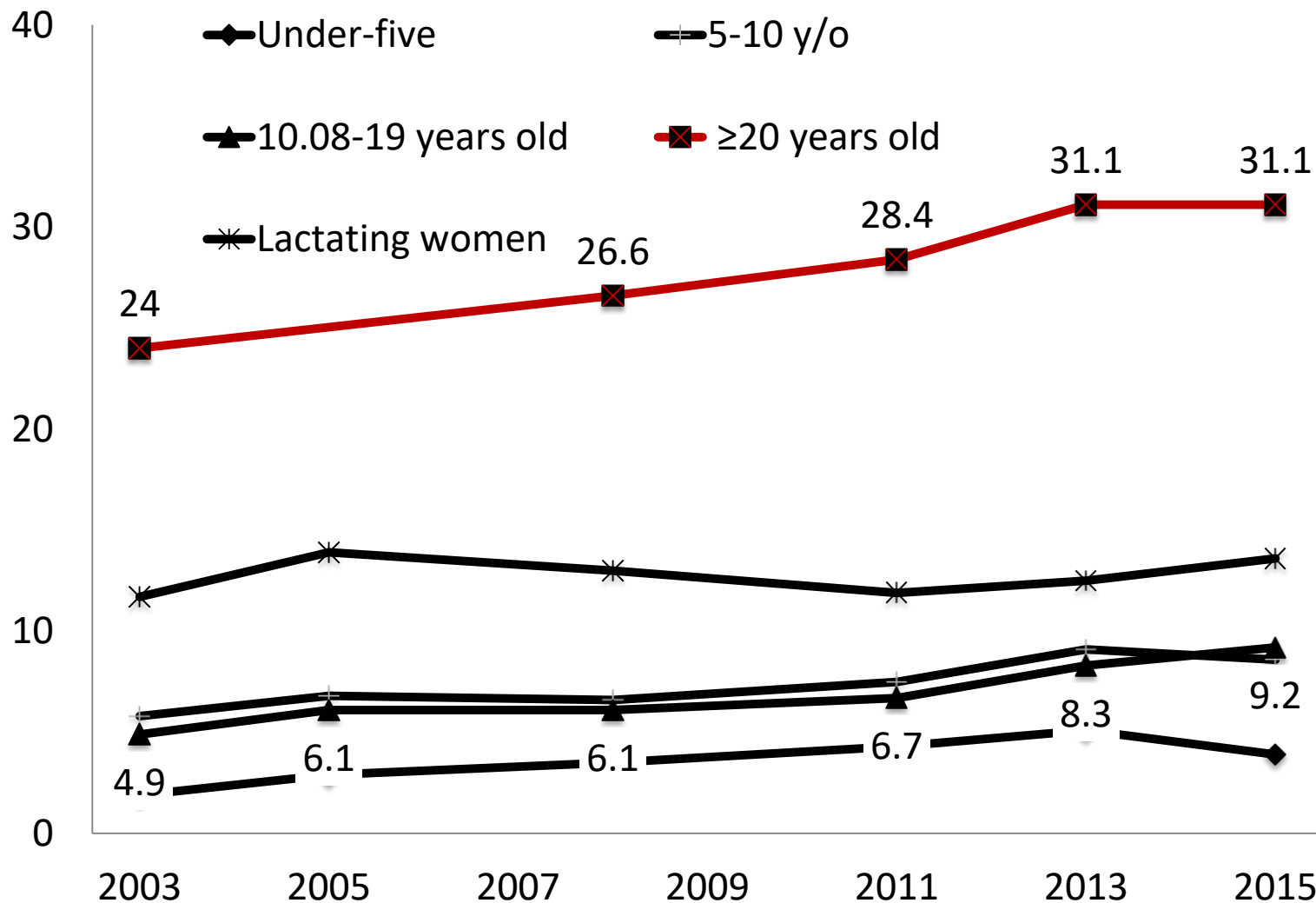


Classifications of Fad Diets

CLASSIFICATION	EXAMPLES
Calorie Restriction	Very Low Energy Diet (VLED), Military Diet, Blood type/Cohen, HCG Diet
Low Carbohydrate, High Protein	Atkin's Diet, Paleo Diet
Moderate Carbohydrate, High Protein	Zone Diet, South Beach Diet
Low Carbohydrate, High Fat	Ketogenic Diet
Avoidance to certain food groups	Gluten Free, Macrobiotic Diet
Fasting	Intermittent Fasting, Water Fasting
Detox	Juice Fast, Master Cleanse



Overweight by age/population group



Source. National Nutrition Surveys. Food and Nutrition Research Institute, DOST



FACEBOOK.COM/GMA



FAD DIETS, EPEKTIBO NGA BA?

09:48 | SA MISS UNIVERSE SIMULA SA SUSUNOD NA TAON: 40 ATLETA, NAG-

Positive Effects and Advantages of Certain Fad Diets

1

Rapid and substantial weight loss

2

Counters “diet fatigue”

3

Choice for a weight loss strategy

4

Some studies back up claims



Negative Impact of Fad Diets

Short-term success,
long-term failure

Nutritionally
imbalanced

Poor diet adherence
and long-term
behavior
modification

Induce stress and
cause disease to
certain organs

Lack focus on the
importance of
health and PA

Psychological
implications



Recommendations for Weight Loss

- Weight loss requires an individualized and interdisciplinary approach
- Combination of consumption of **healthy diet, physical activity, and behavior modification**



DIET

- Nutritionally Adequate
- Moderation + Variety + Balance + Proportionality
- Limit intake of processed foods, trans fat, free sugars
- Ecological and Sustainable

PHYSICAL ACTIVITY

- 150 mins moderate-intensity, 75 mins vigorous-intensity PA in a week (WHO)
- Includes muscle-strengthening activities at least 2x a week
- Expend 300 kcal/session (PASOO)

BEHAVIOR MODIFICATIONS

- Effective behavioral strategies for weight loss

Population-
based
approaches to
address
overweight
and obesity

Complementation with
population-based interventions
to promote healthier food
environments, food systems
and behavior-change
communication



Timeline of activities



Policy Statement on Fad Diets

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**.



Policy Statement on Fad Diets

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, food systems** and public awareness through **behavior-change communications**, to prevent further increase in overweight and obesity prevalence in the country.



**Dissemination
of the
Policy
Statement on
Fad Diets with
monitoring and
reporting to
NNC
Governing
Board**

1. Registered Nutritionist-Dietitians
2. Local health and nutrition workers
3. Associations, organizations, and other stakeholders related to nutrition, health, and fitness
4. Academe in Nutrition and Dietetics, medical and allied fields
5. General public (publication in major dailies, websites and social media)

Actions of NAOs

1. Be familiar with the policy statement for consistency in messages
2. Help disseminate the Policy Statement to your constituents



