

13 August 2015
Monica Videnieks
Editor – Mind + Body
The West Australian

Dear Monica

Re: Mind + Body - Tuesday 4 August 2015

Thank you for the opportunity to provide regular accurate and practical nutrition information to Mind + Body, including contribution to the ***Snack attack*** article quoting Georgie Rist, Accredited Practising Dietitian (APD) and DAA Spokesperson, published on page 3 of this edition.

However, DAA is disappointed that the lead article ***Highway to health***, featured on page 1 and 2 of this edition, contains non-evidence based information that contradicts the Australian Dietary Guidelines and will likely perpetuate confusion about nutrition amongst your readers.

The Australian Dietary Guidelines recommend eating a wide variety of foods from these five groups every day:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat.

On page 2, readers are told ‘There are a lot of no-nos in this diet’, including no dairy and no grains. Other than in the case of a diagnosed allergy or intolerance to these foods, blanket advice to remove these from the diet is incorrect (without scientific basis) and will mean, if followed, readers will risk missing out on the important nutrients these healthy foods provide.

In addition, casting the spotlight on one type of food, such as dairy or grains, incorrectly suggests that that food is a barrier standing between healthy and unhealthy living. This is overly simplistic and misleading.

Potentially misleading readers further is another article on page 2 ***Bone broth is liquid to comfort and nourish. Would you drink it?*** While readers may choose, as the article suggests, to ‘brew a tasty broth’ to use during winter, it is incorrect to claim that bone broth will ‘enhance health’. There is insufficient good-quality research to support the health benefits as the result of consuming bone broth that is suggested in this article.

As with any field, it is crucial that those providing nutrition advice are qualified to do so. The qualified nutrition professionals are APDs. For people looking to lose weight and keep it off long term, DAA recommends seeking individual, expert nutrition advice and support from an APD.



We would appreciate your consideration in publishing the brief response below from DAA in Mind + Body.

Yours faithfully,

A handwritten signature in black ink, which appears to read 'Claire Hewat', is positioned below the text 'Yours faithfully,'.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia

FOR PUBLICATION

The Dietitians Association of Australia was disappointed to see the article *Highway to health* (Mind + Body 4 August). In this, readers are told 'There are a lot of no-nos in this diet', including no dairy and no grains. Other than in the case of a diagnosed allergy or intolerance to these foods, blanket advice to remove these foods from the diet is incorrect (without scientific basis) and will mean, if followed, readers will risk missing out on the important nutrients these healthy foods provide. It is crucial that those providing nutrition advice are qualified to do so. The qualified nutrition professionals are Accredited Practising Dietitians (APD). So for people looking to lose weight and keep it off long term, DAA recommends seeking individual, expert nutrition advice and support from an APD.

Claire Hewat, CEO Dietitians Association of Australia