



19 August 2016

Danny Allen, Managing editor/Publisher

Allure Media

**Re: I Got a Diet and Workout Plan Overhaul from Hollywood's Go-To Pros, 11 August 2016, Byrdie and
10 Foods Nutritionists Always Have in Their Kitchen, 12 August 2016, Byrdie**

Dear Mr. Allen,

The Dietitians Association of Australia (DAA) commends some content in the above articles, published on Byrdie.com.au. This includes the acknowledgement that there is no one-size-fits all diet, and following celebrity endorsed diets is unlikely to result in long-term health benefits.

However, DAA was disappointed that some nutrition advice provided by holistic nutritionist and health coach Kelly LeVeque was not evidence-based.

The former article recommends adding coconut 'oil' (technically fat, as it's hard at room temperature) into coffee, calling it a healthy fat. While the type of saturated fat in coconut oil (lauric acid) behaves differently to typical saturated fats, in that it appears to boost HDL (good) cholesterol, it still raises total and LDL (unhealthy) cholesterol in the blood. Overall, the current evidence does not support choosing coconut 'oil' over sources of healthy unsaturated fats (like olive oil, sunflower oil or canola oil), that lower LDL cholesterol whilst increasing HDL cholesterol. The latter article also makes inaccurate links between coconut 'oil' and conditions like Alzheimer's disease, which has no scientific basis. The suggestion that coconut 'oil' is healthy misleads readers.

Given the articles appear on an Australian website, information should reflect local guidelines to maximize relevance for readers. The Australian Dietary Guidelines (ADGs) which were reviewed in 2013 and are based on over 55,000 research papers, recommend Australians avoid foods high in saturated fats. We are concerned that recommendations contrary to the ADGs may confuse consumers and work against qualified health professionals who refer to these guidelines for healthy Australians.

DAA encourages use of Accredited Practising Dietitians (APDs) to provide information on any nutrition topic, or even to edit content from overseas to align with local recommendations and to ensure the article is evidence based. Their communication is based on the latest science, packaged with practical advice and delivered in user-friendly language.

DAAs has 23 media-trained Spokespeople (all APDs) available to speak or provide advice on all nutrition related topics. To organise an interview with any of our Spokespeople, please contact Felicity Curtain on media@daa.asn.au or telephone 0409 661 920.

A handwritten signature in black ink, reading 'Claire Hewat', is positioned above the typed name.

Claire Hewat AdvAPD

CEO

Dietitians Association of Australia