



Who is DAA

The Dietitians Association of Australia (DAA) is the peak body of nutrition and dietetic professionals in Australia.

Representing more than 6,400 members, we are passionate about our role in providing advice based on the most reliable and proven science in food and nutrition, to support Australians to eat better and be healthier.

Fad diets

A fad diet is any diet that promises fast weight loss or radically improved health, without a scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients.

Fad diets may provide short-term results but they are difficult to sustain and can cause serious health problems. Fad diets are not a healthy approach to weight loss.

The best approach to weight loss is to follow a healthy and balanced eating plan and to exercise regularly. The best diet to follow is one that you enjoy, can stick to long-term, and that ticks all of your nutrient needs.

Rather than seeking a quick fix, look for small tweaks you can make in your diet that will lead to big health gains, like eating more fruit and veggies, cooking at home more often, and reducing the 'extras' you eat, like soft drinks and other processed foods.

For more information, visit [Smart Eating for a Healthier You](#) on our website www.daa.asn.au