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Media Release for immediate use – How do you Tell Good Nutrition Advice from Fad?

Resistance Training

From: NZ Register of Exercise Professionals



Clean and Lean, or Just Mean. How do you Tell Good Nutrition Advice from Fad?

It feels like there is always new advice on what we should eat, could eat and what we definitely shouldn't eat.

The trouble is that with every passing year what makes it to each of the above list seems to change, or even swap. It seems like just a few years ago we were recommended a high carbohydrate low fat diet and now it seems carbohydrate is getting the bad press. No wonder we get confused.

It's common knowledge that despite all the advances in health and science that should be helping us live a longer and healthier life, we are the fattest and most unfit we have ever been.

In fact NZ Ministry of Health research puts one in four adults (aged 15 years and over) in the obese weight category (27.8%). So it makes sense that looking for a better health profile for ourselves, and for our communities is something we should be investigating seriously, but how do we tell which advice to follow?

The benefits of social media and easy access to the internet mean we are able to access up to date information on everything including nutrition, but it also means that the scientific base of that information can often not be verified, and the popularity and spread of information can be as much based on trends as science.

So how do you tell fact from fiction? Get your information from a professional. Even if they do not hold a nutrition degree, a professional in the area of weight management will be up to date with the trends and facts on nutrition, and will know where to get the right advice. Exercise professionals registered with the NZ Register of Exercise Professionals (REPs) will be able to help guide you in the right direction.

If you are evaluating a programme on your own, you should ask some hard questions:

- Is this nutrition advice part of a marketing plan for a 'special' food product or nutritional plan?
- Who is endorsing this advice? Is it someone recognised as being an expert in their field?
- Is there unbiased evidence to back up the claim?

Eating well doesn't have to be expensive or complicated. Even a quick look at researched and reliable nutrition advice shows there are some themes such as:

- Eating unprocessed food as much as you can
- Controlling portion size
- Getting some exercise

When it comes down to it we are lucky to live in a world where science continues to give us new information, even if that means some of our older ideas need to be dismissed. Eating well is about being healthy - getting a health check up, taking some moderate food advice, and getting moving is a good place to start.

Good health is about choices that can be sustained in the long term, rather than just a week, or until the next fad comes along. That includes exercise and food choices.

If you are struggling to make meaningful and long term changes to your health then you don't need to battle on alone. Get good advice from professionals who are not only able to offer you the latest and best advice on health and exercise, but are not prone to believing every new trend that comes on the scene. Get yourself a REPs Registered Exercise Professional and start on the path to safe and effective exercise and health.

Contact Details:

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Who is the NZ Register of Exercise Professionals (REPs)?

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice. Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org.

