Friend or Foe: Food Beliefs and Weight Management

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The four letter D Word

I’M ON A DIET!
Gluten Free
Dairy Free
Soy Free
Blood Group Diet
Mono Diet
Clean eating
Vegan
I Quit Sugar!
Organic
Paleo?
Fat burning
High Protein
Metabolism boosting
Juice detox
Intermittent Fasting
Diets Generate Eating Rules

Rules to Eat By
Rules Create Beliefs
Diets Work?
Diets are NOT Sustainable

Dear Diet,
It’s over!!!
Love,
Me
Yo Yo Dieting
Diet Cycle

The typical dieting cycle:

1. Start diet
2. Restriction
3. Deprivation
4. Cravings
5. Give in
6. Guilt

Cycles back to start.
Slow Metabolism
The Minnesota Starvation Experiment (Starvation Study)

The cover of a brochure soliciting recruits for the University of Minnesota starvation study.
Diets Don’t Work
Diets are the greatest risk factor for the development of an eating disorder.
What fails, the diet or the person?

Dear Diet,
It's not me, it's you. I just don't think it's going to work between us. You're boring, tasteless and I can't stop cheating on you.
A weighty problem

Areas with the highest rates of obesity
- Townsville
- Regional South Australia
- Gippsland

Areas with the lowest rates:
Sydney's eastern suburbs,
north shore and northern beaches.

Comparison of Australian adults

1989
- 44% overweight
- 11% obese

2013
- 63% overweight
- 28% obese

Between 1995 and 2012, an average adult man's weight increased by 3.6kg and a woman's by 4kg.

HEALTH AT EVERY SIZE
FOOD RULES

DETOX DIET
ATKINS DIET
SLIMFAST...
5:2 DIET
Discussion

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