



YMCA Awards

Level 3 Nutrition to support
physical activity

2018

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Risks of specific diets

Popular weight loss methods/diets

- Very low-fat diets
- High protein, low-carbohydrate diets
- Food combining diets
- Meal replacement diets
- 'Fat burning' and 'weight loss' supplements
- Elimination or limited food diets
- 'Rapid' weight loss methods

Evaluating popular weight loss diets

- Does it take into consideration individual lifestyles?
- Does it set long-term plans for both diet and activity?
- Does it include exercise?
- Does it provide enough energy to meet minimum requirements (BMR)?
- Does it include all the food groups necessary for health?

Ways to spot a bad diet

- Provides fewer than 1000kcal per day
- Promotes rapid weight loss
- Has an unbalanced eating plan
- Promotes unrestricted amounts of certain foods
- Fails to make long term changes to eating habits and lifestyle

Very low calorie diets

Clients who want to lose weight will frequently opt for a very low calorie diet:

- Fewer calories than BMR
- 'Crash' diet or 'Starvation' diet

Very low calorie diets

Physiological consequences of very low calorie include:

- Decreased metabolic rate
- Decreased efficiency of fat mobilising and fat burning mechanisms
- Loss of lean muscle tissue
- Ketoacidosis
- Risk of nutritional deficiencies
- Rapid weight gain when normal eating is resumed
- 'Yo-yo' dieting

Health and performance implications of diets that encourage severe energy restriction

- Impact on hormonal regulation
- Impact on energy levels and productivity
- Short-term health effects
- Long-term health implications
- The purported benefits of such a diet

Health and performance implications of diets that encourage severe energy restriction

A diet too low in fat will also cause:

- Poor hair and skin condition
- Deficiency in fat soluble vitamins
- Deficiency in essential fatty acids
- Hormone imbalance

Nutritional intake can influence the actions of certain metabolic hormones

e.g. Calorie restricted diets

- Increased mitochondrial efficiency – less calories burned for the same energy output
- Decrease in circulating thyroid hormones
- reduction in testosterone, leptin, insulin and IGF-1 levels in the blood
- Increase in catecholamines, glucagon and ghrelin

Clients at risk of nutritional deficiencies

- Iron deficiency - vegetarians, vegans, menstruating women, pre-school children
- Iodine deficiency - Can lead to thyroid hormone production problems
- Vitamin D deficiency - people with dark skin colour, people with little sunlight exposure
- Calcium deficiency - young females and the elderly

Communicating the health risks associated with current weight-loss fads and popular diets

- Short- and long-term health risks of calorie restricted or macronutrient restricted diets
- Impact of yo-yo dieting
- Impact of advertising and the few success stories that are highlighted
- Long-term impact on hormonal and metabolic regulation
- Psychological impact of weight loss and weight gain and its impact on day-to-day life (lethargy, mood swings, emotional distress)
- Provide basic information on thermodynamics and the essence of every diet i.e. fewer calories consumed than expended will result in weight loss

Cultural and religious dietary practices

Islam

- Muslims only consume Halal meat (meat that has been slaughtered in a prescribed way according to Islamic practices)
- They do not consume pork
- During the religious festival of Ramadan, they fast between sunrise and sunset

Cultural and religious dietary practices

Hindu

- Hindus generally follow a vegetarian or vegan diet
- A vegetarian is an individual who (for ethical, moral or other personal reasons) chooses not to eat meat, fish, poultry or animal products
- Vegetarians do eat eggs and dairy products
- A vegan follows a vegetarian diet and in addition does not eat dairy products and eggs

Buddhists generally follow a vegetarian or vegan diet

Cultural and religious dietary practices

Jewish

- Kosher meat is prepared by using a single knife to cut open the throat to kill the animal, with all the blood drained
- The meat should be soaked in water and salted to remove the last traces of blood
- Meat and dairy foods must not be prepared or eaten together

Cultural and religious dietary practices

Sikhism

- Sikhs do not eat halal or kosher meat, beef or pork because they are not meant to take part in religious rituals apart from those within the Sikh religion

Eastern Orthodox Christianity

- Weekly fasts include abstention from meat, fish, eggs, dairy, and sometimes other foods such as olive oil and alcohol as well

Other influences on dietary practices

- Family influences
- Food availability
- Financial status
- Belief system e.g. veganism
- Allergies e.g. Coeliac disease

Supplements

- A personal trainer is not qualified to recommend vitamin or protein supplementation
- Base any advice just on healthy eating guidelines
- If you suspect a protein or vitamin deficiency, or feel a client needs to increase intake, refer them to a dietician for proper evaluation

When recommended by a qualified nutritional expert, supplementation can be used if:

- Intake at required levels is regularly failing to be achieved
- Higher levels of physical stress are being applied to the body resulting in increased needs
- The body is failing to utilise the nutritional intake effectively

Supplementation is not necessary if:

- Sufficient intake is being readily used by the body to satisfy all of its needs
- Dietary adaptations could be implemented to ensure all requirements are being met

