

Title: FAD DIETS, Energy Balance and Weight Control

Duration	Two-day training Workshop
Language	English (also available in other languages)
CPD	10 credited hours – IFPH
Location & Dates <i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i>	Istanbul (First Monday every month) London (Second Monday every month) Dubai (Third Monday every month) Brunei (Fourth Monday every month)
<i>Please note</i>	<i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Family Physicians, Health Promoters
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

Learning Objectives

By the end of the training-workshop, participants will be able to:

1. Define Fad diets, Energy balance and healthy diet
2. Assess the influence of new lifestyle-diets on the mode of eating
3. Understand energy density of weight change and body weight variability
4. Evaluate the health consequences of Fad Diets
5. Appraise weight Management approaches with an emphasis on diet
6. Sustain long-term control of appetite.
7. Comprehend key components required for successful weight management

Outline of the Training-Workshop

- Fad diets definition and categories
 - High-protein, low-carbohydrate diets: e.g. Atkins diet, Dukan diet, South Beach diet, Zone diet.
 - Moderate-fat, high-carbohydrate diets: e.g. Jenny Craig, Nutri-System, Weight Watchers.
 - Low-fat, very high-carbohydrate diets: e.g. Ornish diet, The New Pritikin Program, LEARN.

- Very low-calorie diets: e.g. Bernstein diet, Lighter Life, Slim Fast.
- Long-term health consequences of 'fad diets'
 - High Protein & High CHO in Glycaemic control
 - High Protein intake and Lean Mass
 - High Protein & High CHO diets and renal function
 - High Protein & High CHO diets and Bone loss
 - Effect of 'Fad diets' on Cardio Vascular health
 - Low Carbohydrate diet and Cancer
- Government interventions on healthy eating
- Lower versus Higher energy density foods
- Benefit of weight loss and diet composition with respect to health and wellbeing.

Drawing the Public Health Message to lose weight slowly and steadily in order to maintain weight loss.