The “lows” and “highs” in “diets”: they come, they excite, they confuse, and they disappear

This debate was brought to the fore following the discussion on the presentations by two discussants, Prof Timothy Noakes and Prof Jacques Rossouw (alphabetical) at the 2012 University of Cape Town Faculty of Health Sciences centenary debate. The manuscripts of the discussants appear in this issue of the SAJCN, and are published without undergoing the journal’s peer-review process. The Nutrition Society of South Africa condoned the two manuscripts by Rossouw, and requested their publication in the SAJCN as narrative reviews for the SAJCN’s readership. Since the publication by Noakes had apparently ALSO not been published, the author was also invited to submit his manuscript for publication, in order to afford perspective in the specific domain, and also present the SAJCN readership with the opportunity of contributing to this debate.

The subject matter being debated is of also of current interest in the country, in view of the recent findings of the first in the series of the South African National Health and Nutrition examination survey’s1 recent systematic review and analysis of2 and comments on our current knowledge in the specific domain,3 as well as the plethora of so-called “diets” with real or imaginary claims of efficacy and effectiveness in relation to weight loss.4

Referenced contributions to the debate should be sent to the Editor at editor@sajcn.co.za, should not exceed a maximum of 350 words, excluding references; should be submitted online at www.sajcn.co.za in the section specifically created for the debate, and will be published in the ensuing two issues, i.e. June and September 2015, of the SAJCN.

Prof Demetre Labadarios
Editor-in-Chief: SAJCN

References