

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*.

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References

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2. Naude CE, Schoonees A, Senekal M, et al. Low carbohydrate versus isoenergetic balanced diets for reducing weight and cardiovascular risk: a systematic review and meta-analysis. *PLoS One*. 2014;9(7):e100652.
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4. Matarrese LE, Pories WJ. Adult weight loss diets: metabolic effects and outcomes. *Nutr Clin Pract*. 2014;29(6):759-767.