

Fall 2019 House of Delegates Meeting Recap: Technology/Big Data and the Total Diet Approach

Total Diet Approach for Healthy Eating Professional Issue Question:

Is the “Total Diet Approach” still relevant for a healthy population?

- Presentations on the history of and updates to the Total Diet Approach were provided, along with feedback from member surveys. Delegates also heard from a panel of nutrition communicators on how they discuss healthy eating with consumers.
- Delegates discussed the relevance of total diet approach terminology as well as the proposed stance.

Proposed Stance: The Academy of Nutrition and Dietetics supports the Total Diet Approach as the foundation for healthful eating. This approach focuses on the overall pattern of foods a person consumes over time, in moderation, combined with appropriate portion sizes and physical activity. A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.

Next Steps:

A qualitative analysis of the delegate discussion is underway to identify the common themes from the dialogue. Delegates and Academy Committees will be engaged in activities to determine recommendations for the stance to share with the Academy’s Board of Directors in February.

Additional Information

- Meeting materials, including background and follow-up information, will continue to be posted on the [Fall 2019 Meeting Materials page](#).
- Review the [Academy Committees and Taskforce Reports](#).
- [The Council on Future Practice \(CFP\)](#) will be releasing a change driver on VUCA in 2020, so stay tuned for implications for the profession in a VUCA World.



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