



Dr Anneline
THE F+N DOCTOR

Beliefs and Guiding Principles

Introduction

Nutritional food science is an understanding what components are in food, their role (beneficial and detrimental) in the body and the outcome of dietary intake on overall health and well-being.

Food and Nutrition are related, yet different.

Dr Anneline – The Food and Nutrition Doctor’s fundamental beliefs:

- Nutrition is a young science compared to medicine, physics and chemistry. But it is a science. It is, and should be based on scientific evidence at all times, to the extent that research is available
- For the purposes of health advice, nutritional food science is a component that compliments other medical specialties including but is not limited to medical clinicians, physical therapists (e.g. exercise physiologists), etc.
- We eat food, not individual nutrients
- Nutrients and non-nutritive components in food have specific roles in the body
- Cumulative consumption of particular nutrients (or non-nutritive components) can over time lead to an improvement or detriment to health
- Prevention is better than cure
- The food we consume is fuel for our body
- The role of food in social activities, pleasure and celebrations should never be undermined.
- Food and food components should never be demonized. The issue is not the food or the food component, the issue is the dose, our reliance on certain foods and our relationship with food and eating.
- The complexity of food and its affect on health is subject to factors including culture, ethnicity, family history, lifestyle, work constraints, finances, skills and knowledge.
- The food industry is an integral part of society and our economy. Instead of working against the food industry, there are ways in which we can work together to make a safe food supply healthier, better, more nutritious, and more affordable.
- Food sustainability, food miles and supporting local economy need to be taken into consideration when developing policies and designing food systems.
- One diet is not superior over another. Food choices are based on personal beliefs, and this should be respected at all times.
- The value contribution and role of the producer, the processor and the retailer need to be accounted for, or at the very least acknowledged.