



Authors Response: Wrong Concept of Dieting: A Public Health Concern

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Dear Editor,

As a practicing nutritionist in Nepal, I have observed a growing trend among the general public to adopt extreme and unscientific dietary practices under the misconception that this is the path to health or rapid weight loss. Unfortunately, these wrong concepts of dieting are not only ineffective in the long term but may also lead to serious health complications.

Many individuals equate “dieting” with severe calorie restriction, complete elimination of certain food groups, or reliance on fad diets promoted on social media. These approaches often neglect the principles of balanced nutrition, adequate hydration, and sustainability. Over time, such practices can result in nutrient deficiencies, metabolic slowdown, disordered eating patterns, and a negative relationship with food.

Healthy weight management and overall wellness should be built on evidence-based dietary habits—balanced meals rich in whole foods, appropriate portion sizes, regular physical activity, and mindful eating. Public health professionals, nutritionists, and medical practitioners must work together to promote the correct understanding of nutrition and debunk myths around dieting.

Raising awareness through education, counselling, and community engagement can help shift the focus from “short-term dieting” to “lifelong healthy eating habits.” This shift is essential not only for individual health but also for reducing the burden of diet-related chronic diseases in our society.

I hope this letter draws attention to the urgent need for public health initiatives to correct misconceptions about dieting and to promote evidence-based nutrition

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R K Khadka, H. K Kumari participated in writing and revising this paper. Both authors approved the final version of the paper for submission.

