

Nutrition and SMART Goals

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The article Nutrition and SMART Goals is a mini-review that shows how SMART goals can help improve the effectiveness of nutritional treatment. Nowadays people, especially young people, have difficulty adhering to treatment because they are anxious to have the so-called "ideal body" and SMART goals have the function of demonstrating that a behavioral change does not occur quickly, but needs a lot of focus and determination.

The increasing search for a standard body is increasingly present in people's lives today. Achieving an ideal body has become the dream of many men and women, especially young people. But to what extent the search for the "ideal" body can be harmful, leading to the development of a series of eating disorders such as binge eating, bulimia or anorexia [1].

Self-acceptance is a great challenge nowadays, due to the great advent of social networks, which has been valuing the image even more. Several studies show that adolescents are very influenced by the standard of beauty imposed by the media, developing various eating and psychological disorders, and may even reach suicide cases [1].

A change as big as a weight loss does not happen overnight, nor can it happen anyway. It is necessary to define goals, requiring a definition of the term and also the importance that weight loss has in each person's life.

Today there is a very efficient tool, used in the business sector, called SMART goals. These goals define the goal, which in this case is to lose weight or have a healthy life routine. This objective must be specific (S), measurable (M), attainable (A), relevant (R) and have a defined time (T) for the objective to be achieved. SMART goals were not designed for nutrition in the beginning, but can be used very well for any purpose that a person wants to achieve [2].

What are SMART goals?

These are goals that you set to achieve a specific goal, whether personal or professional. SMART goals are based on five principles that define that the objectives to be achieved must be specific, that is, one must define what a person wants to achieve, they must also be measurable, that is, one must have defined how it will be done monitoring to see if the results are starting to appear, must be achievable, because one cannot want what one has not the capacity and conditions to achieve. The goals must be relevant, therefore it must be clearly defined why which change is so important for a person and also a time must be stipulated to reach that goal [2].

A survey in Colombia showed that students at different levels of English improved their learning ability, including the ability to understand English language music, thanks to the definition of goals using SMART goals [3].

To combat malnutrition, the World Nutrition Report from the World Health Organization (WHO) proposes that governments adopt SMART goals to combat global malnutrition, and this should occur by 2025 [4]. However, at the individual level Nutritionist and other professionals health professionals can adopt a script, such as the one proposed below, to improve the efficiency of their treatments.

Proposed roadmap for nutritional assistance based on SMART goals

Nowadays, an innovation in nutritional care is necessary to increase adherence to treatment. SMART goals have already proven to be very effective in several sectors and nutrition must also adopt this methodology for more efficient treatment.

Goal	Attitude	Issue
Specific	Planning	What do I want? Weight loss, have a healthy life.
Measurable	Outcome Assessment	Monitoring with Nutritionist, physical activity.
Achievable	Assessing the possibility	Is it a real objective, achievable? Financial, psychological, nutritional.
Relevant	Assess the importance	Why is this important to me? Self acceptance, having a healthier life
Time	Give a deadline	long do I want to get my result? Months, a year.

Table 1

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